



VALLEY ADHD PARENT SUPPORT GROUP

The Valley ADHD Parent Support Group

Will be Meeting Virtually

Every 1st Monday of the Month

6:30pm to 8pm

Join other parents and caregivers of children and teens with ADHD to receive information and support, be heard without being judged, hear how others cope with similar challenges, learn about local resources for families, hear from area specialists, learn new strategies to try at home, and leave feeling empowered and hopeful.

**For zoom meeting link or more information please
contact valleyadhd families@gmail.com
or visit valleyadhd.org**