



# VALLEY ADHD PARENT SUPPORT GROUP

## Valley ADHD Parent Support Group

Meets Virtually

Every 1<sup>st</sup> Tuesday of the Month

6:30 to 8:00pm

- Join other parents and caregivers of children and teens with ADHD to be heard without being judged
  - Receive information and support
- Hear how others cope with similar challenges
  - Learn about local resources for families
- Hear from area specialists to learn new strategies
  - Leave feeling empowered and hopeful

**For zoom meeting link or more information please contact [valleyadhd families@gmail.com](mailto:valleyadhd families@gmail.com)**