



VALLEY ADHD PARENT SUPPORT GROUP

Valley ADHD Parent Support Group

Meets Virtually

Every 1st 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