

Mental Health & Addiction Services  
15 Chipman Drive  
Kentville, NS B4N 3V7

T: (902) 679-2873 F: (902) 679-1766 (Child)  
T: (902) 679-2870 F: (902) 678-4917 (Adult)  
T: (902) 679-2392 F: (902) 678-0085 (Addictions)



Mental Health & Addiction Services  
Soldiers Memorial Hospital  
462 Main Street  
Middleton, NS B0S 1P0

Mental Health - T: (902) 825-4825 F: (902) 825-5181  
Addictions - T: (902) 825-6828 F: (902) 825-5185

## Child and Youth Mental Health Program

# HELPING YOUR CHILD WITH ADHD

Winter / Spring 2019

Wednesday evenings, 6:00 – 8:00

March 6 – May 8, 2019

Auditorium, AVH Chipman, 5 Chipman Dr., Kentville

OR

Tuesday mornings, 10:00 - 12:00

April 3 – June 5, 2019

Greenwood Military Family Resource Centre  
24 School St, Greenwood

A 10 week course for parents/caregivers of children with ADHD

Topics include:

- ADHD, what it is and how it shapes your child's life
- Medications for ADHD and how they work
- Living with ADHD, knowing what works best for your child
- Behavioural challenges; school, home, learn what's behind the behaviour and how to manage it.
- More behavioural challenges and learning difficulties

For whom:

- Parents of children diagnosed with ADHD,
- Parents looking for education, support and assistance

Please let us know if you would like to attend but transportation is an issue. We will help as much as possible.

There is **no fee** to participate.

For more information, call 1-855-273-7110