

Westwood SEPAC

SPECIAL EDUCATION PARENT ADVISORY COUNCIL



ADHD Parent Training

Monday November 18, 2019
6:30 -7:00 PM-Parent Networking
7:00-Presentation

This workshop will cover the diagnosis and treatment of children with Attention Deficit Hyperactivity Disorder (ADHD). As a participant, you will learn how to best manage the multiple demands of parenting a child with ADHD and how to work collaboratively with schools to help your child be successful. Parents will leave with specific strategies to increase positive outcomes.

Presentation topics will include:

- Implementing language that works with children who are challenged by ADHD
- Learning calming and regulation techniques to help establish routines and schedules
- Knowing how Executive Functioning plays a role in ADHD
- Learning about pharmacological support

This workshop is presented by psychotherapist and adjunct professor Julia E. Volynskaya, LICSW of **ADHD Boston** and Boston College Graduate School of Social Work.

RSVP: westwoodsepac.org/event-reg or in our [Facebook Group](#)

Location: Westwood High School, 220 Nahatan Street
Park in the front horseshoe parking lot off Nahatan Street. Go through the doors marked "District Administration". Once inside follow signage to Professional Development Room.



Join our closed Facebook Group: [Westwood SEPAC-Special Education Parent Advisory Council](#)
To volunteer, questions, or submit ideas [email: westwoodsepac@gmail.com](mailto:westwoodsepac@gmail.com)
SEPAC Board: Megan Brenk, Meggan Flaherty, Aravind Mowa & Jennifer Ellis