



Palliser School Division

Palliser Centre

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1

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ADHD Group

Purpose:

1. To provide clinical support through a group therapy approach to children ages 6 - 12 years old with ADHD or displaying characteristics of ADHD.
2. To address problem behaviours and social challenges.

Group Facilitators:

- Impact Parenting (Tracey Erickson-Driscoll + Natalie McLean) will facilitate the parent group.
- Lori Litke, Kristen Suderman, and Erika Publow will facilitate the children's group.
 - there may be other Family School Liaison Counsellors OR practicum students in attendance in cases where:
 - facilitators of either group are ill or otherwise unable to attend
 - additional child care is needed

What Happens When You Decide to Participate in the Group?

- Pre-group meeting/intake: This is an opportunity for you to meet with your Family School Liaison Counsellor and talk about the group, ask questions, and work through some of the initial paperwork involved with attending the group. This is also a good time to bring forward any questions or concerns.
- Dinner and snacks are provided.
- Parent/Child groups take place in separate parts of the building.
- Parents will meet with Tracey and Natalie and work through the parent material.
- Children will meet with their group leaders, work through the child-friendly material, and then come to show the parents what they have learned about during their group.

Groups

- Children's Group: The children's group will be focused on providing an environment where the child can begin to explore their attention and energy! Sessions covered during the group will touch on:
 - Self-regulation
 - Problem solving
 - Communication
 - Friendships and Relationships

*Together we will ensure learning success for all students
to develop their unique potential as caring citizens in a changing world.*

- Adult Group: The adult group will be an educational group, focused on providing an environment where parents/guardians can have an opportunity to explore the topic of ADHD, consider different perspectives, and share their own wisdom.

Group Logistics and Session Topics

- Group starts on Thursday, October 19th
- It will run for 5 weeks from 5:30 PM - 7:00 PM
 - Week #1: October 19 - What is ADHD?
 - Week #2: October 26 - The Brain and ADHD
 - Week #3: November 2 - Strategies for Parenting Your ADHD Child
 - Week #4: November 9 - Navigating the School System
 - Week #5: November 16 - Parenting Strategies + Sleep, Nutrition & Self Care
- The group will meet at Vulcan Prairieview Elementary School (305 - 6 Ave S, Vulcan)

Client Inclusion Criteria

- Children ages 6 - 12 years old
- Have ADHD diagnosis OR seeking service for ADHD symptoms/suspected ADHD
- Can be using medication or not (no requirement for participation)