

CALM AND CONNECTED...

Parenting your child with ADHD

A 7-session Parent Coaching Workshop Series

Facilitated by:



Cindy Goldrich, Ed.M.
Parent and Teen Life Coach
Specializing in ADHD
of



www.PTScoaching.com

Parenting a child with ADHD can be difficult. Your parenting instincts alone are often not enough to help your child and keep daily life manageable.

During the this workshop we examine how ADHD truly impacts your child's development based on the most recent research, and help you develop the tools necessary based on best practices to help your child be successful in school, at home, and in life!

Using a combination of education and coaching, specific strategies are developed to help you:

- Reduce the chaos and defiance that often occur
- Establish appropriate rules and expectations and have your child cooperate
- Improve your child's self-esteem and help them capitalize on their strengths
- Reduce homework stress for you and your child
- Bring back your joy and connection with your child

7-Session Workshop

Individual: \$675 or Couple: \$975

Thursdays 7-9 PM beginning Thursday, June 16th
(Includes 1-hour Individual Coaching Session)

To register contact Denise Boline at 212-799-7777 or
email denise@adhdnewyork.com