



**Learning Disabilities  
Association of Manitoba**  
617 Erin Street  
Winnipeg, MB R3G 2W1  
Phone: 204-774-1821  
Fax: 204-788-4090  
[ldamanitoba4@mymts.net](mailto:ldamanitoba4@mymts.net)  
Web: [www.ldamanitoba.org](http://www.ldamanitoba.org)

## Parenting the Adolescent with

# ATTENTION DEFICIT DISORDER (AD/HD)

**Adolescents with ADHD / ADD can often place a tremendous strain upon family relationships.**

This can impact parents' ability to meet the needs of all family members, including the adolescent with ADHD / ADD. While ADHD /ADD is not caused by poor parenting, parents need knowledge about the condition, its treatment and parenting strategies that will help minimize the negative effects of the disorder and make life more manageable for the whole family.

**For parents of adolescents diagnosed with ADHD / ADD ages 11 – 17, this course will continue for seven weeks.**

The objectives of the course are to:

a) increase parent knowledge and understanding of ADHD / ADD and how this disorder interacts with their teen's environments

b) to make parents aware of strategies that can be applied to make life more manageable for the family and for the teen.

**Participants will be provided with a course book and appropriate handouts. Confirmation of your teen's ADHD / ADD diagnosis is part of the registration process. Please call Marilyn at 774-1821, ext. 14 for details.**

### Course Outline (7 Tuesday evenings)

Introduction to ADHD / ADD and its impact on the individual and the family. Understanding adolescent development, common behaviours of adolescents with ADHD / ADD, problem solving, conflict resolution, listening skills, behaviour management, dealing with the school, siblings and peers.

**NOTE: The first 2 sessions are ADHD Basics. Fee: \$40. Learning Disabilities are also covered.**

**Facilitator: Marilyn MacKinnon, BSW, F Th Adv. C.**

**Location:** Herzing College (note: New Location)

**Address:** 1700 Portage Ave.

(South side of Portage. Enter through front door – which actually faces the route 90 overpass. Entrance off Portage Ave. just past / hard right after grayish house with mural on fence.)

### Learning Disabilities Association

of Manitoba is a non-profit, United Way of Winnipeg funded organization, dedicated to providing education and training regarding Learning Disabilities and Attention Deficit Disorders.



### PARENT COURSE – REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

PCode: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

VISA or MASTERCARD (Name on Card and No.)  
\_\_\_\_\_

Exp. Date \_\_\_\_\_ Sign \_\_\_\_\_

Age of child \_\_\_\_\_ Member: Yes No

Fees include course and workbook:  
non-members: \$110.00 indiv. / \$145.00 couple  
member rate: \$95 indiv. / \$130. Couple  
ADHD Basics: (1<sup>st</sup> 2 sessions only): \$40;  
members \$35

**Dates:**  
**Seven Tuesday evenings**  
**April 11 to May 23, 2017**  
**Time: 7:00 p.m. - 9:00 p.m.**

Make cheques/money orders payable to:  
Learning Disabilities Assoc. of Manitoba  
(LDAM),