



### **Course Overview**

Do you feel lost when it comes to ADHD and its related issues and concerns? Upon completion of this training, you will have a comprehensive map showing you how to effectively manage ADHD-related issues and advocate for your child.

Designed by parents for parents, this 14-hour, multisession, interactive training program is delivered by certified Parent to Parent teachers. Their experience and perspective are provided to educate parents new to ADHD or those struggling to navigate its many challenges. Interaction with other parents will alleviate the isolation that parents of children with ADHD often feel. Topics include managing the impact of ADHD on the family, developing parenting strategies, and using positive behavior interventions. Such a comprehensive offering is not found anywhere else. A certificate of completion is available to fulfill court-ordered or parenting class requirements.

### ***Session 1 – Introduction***

- This session serves as an introduction to the course and contains information about course navigation and the objectives of the course.

### ***Session 2 – P2P Training***

- This session consists of 7 videos that provide in-depth information about specific topics, which include:
  - Understanding ADHD and its Impact on Families
  - Assessment to Multimodal Treatment for ADHD
  - Developing Parenting Strategies and Positive Behavior Interventions
  - Strengthening Family Relationships
  - Educational Rights for your Child with ADHD
  - Bridging the Gap Between Home and School
  - Resiliency, Teen Challenges, and Future Success

### ***Session 3 – Course Wrap-Up***

- This session is a conclusion to the course. You will receive a completion certificate if you have completed all of the necessary components in the course.