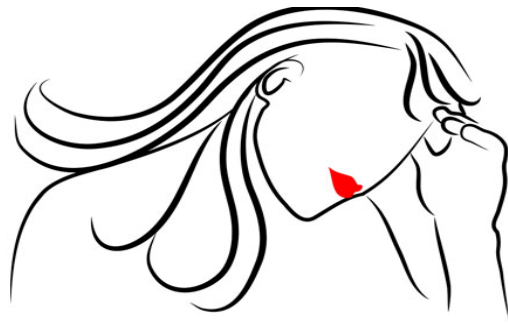


Mothers of Adolescents with ADHD Are You STRESSED Out?



***Want to learn how to reduce your stress levels with regard
to managing your adolescent with ADHD?
Participate in our 6-week stress reduction pilot
program at Fairfield University***

GOALS:

- ✓ Understand how ADHD presents differently in each adolescent
- ✓ Discover how to prepare for school meetings and advocate for your adolescent
- ✓ Learn strategies to help improve your attitude and relationship with your adolescent
- ✓ Improve your communication style and problem solving ability
- ✓ Learn mindfulness and relaxation techniques to lower your physical stress symptoms

WHO: Mothers of adolescents with ADHD 13 to 17 years old

WHEN: Individual 1½-hour sessions arranged at your convenience

WHERE: Fairfield University, 1073 Benson Road, Fairfield, CT 06824

Compensation: To cover transportation costs and time commitments for the eight stress reduction and assessment sessions, participants will be given \$200.

For more information call or email Dr. Christine Siegel at:

Phone: (203) 254-4250 Email: csiegel@fairfield.edu

