

# **UAB ADHD Parent Support Group**

## **WHO?**

This support group is designed for parents of children and adolescents with ADHD.

## **WHAT?**

- Discussion and psychoeducation on ADHD topics
- Networking with other parents of children with ADHD
- Example topics: ADHD Across the Lifespan, Back to School, Summer Vacation, Medication Management, Social Skills and Relationships, ADHD Comorbidities, Behavior Management, and much more!

## **WHEN?**

The group meets on the first Thursday of every month from 6-7:30pm, September through May.

## **WHERE?**

The group is currently meeting via zoom.

## **HOW?**

Please send an email to [adhdpsg@uab.edu](mailto:adhdpsg@uab.edu) to be added to the group listserv and receive email announcements.

Check out <https://www.uab.edu/adhdparentsupport/about> for additional details & resources.

## **ANYTHING ELSE?**

The group is led by psychologist Dr. Cryshelle Patterson and UAB clinical psychology trainees.