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 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.