

ADDA-SR MAY MEETINGS AND EVENTS

Free Monthly Virtual Support Groups

Everyone is welcome, please pass it on!

All times listed are Central

We host up to 5 monthly virtual presentations. From the main office, one for parents (2nd Tuesdays), and one for adults (3rd or 4th Thursdays), NW Arkansas (3rd Tuesdays) and our Fort Bend group the last Tuesday of each month. We offer a collaborative presentation 3rd Wednesdays. Take advantage of these opportunities and **register for several**. You will receive the recordings & handouts a few days after each meeting.

5/9/2023, 7pm, *My Child Has ADHD but What Else Is Going On? - Looking at Coexisting Risks*, Sonya Wakil, MD <https://us02web.zoom.us/j/87048632014>

5/16/2023, 7 pm, *Technology, Apps and ADHD*, Tara Rocha, B.S. Ed, a Digital Learning Specialist with BridgingApps, will address how to access and use technology to assist ADHD symptoms. She will walk us through this process with a demonstration and several case scenarios. **Register at:** https://us02web.zoom.us/meeting/register/tZUkcOisrT4jH92nJv_sY3wkqcl0NaS7bKMz#/registration

5/18/2023, 7pm, *Giving and Receiving Feedback*, Lourdes Valdes, Ph.D. For people with ADHD, who may have experienced a great deal of criticism in their life, giving and taking feedback is not always easy. This presentation will discuss how emotional intelligence and communication skills can come together. <https://us02web.zoom.us/j/84062206009>

5/30/2023, 6:30 pm, *Strategies to Help Children with ADHD Regulate Their Emotions*, Dr. Melissa Tabin, There is a process to help your child restructure their thinking and help them understand what's going on and how to feel better! Dr. Tabin will share general strategies, suggestions, and examples of methods that help your family! **Register at:** https://us06web.zoom.us/webinar/register/WN_LxJEb9oSQe6f2gGMGbjyEA

Collaborative Virtual Monthly Discussion

5/17/2023, 12 – 1:00

ADDA-SR, in collaboration with Dr. Ron, The HUB and Fusion Academy present a free variety of topics on 3rd Wednesdays from 12-1. Karindy Ong, M.A., CCC-SLP, will address the importance of tongue posture & how it impacts development, psychological symptoms, behavior & sleep disordered breathing. She will discuss why a child should undergo an orofacial myofunctional assessment & possible impacts of this disorder on growth &

development, and what can be done when a disorder has been identified. **Register**

at: <https://us02web.zoom.us/j/86887203672?pwd=YjlhZ2EyU0lrV1BGTMhzSldnQ2pHdz09>

2023 Events Coming Soon

Summer Series, June – August monthly seminars

6/15/2023, James Ochoa, LPC, Emotional Distress Syndrome of ADHD

9/23/2023 - *The Impact of ADHD and Co-morbidities on the Family*

To be rescheduled – *Everyday Strategies to Reduce Anxiety*

Attention Deficit Disorders Association Southern Region

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