



Stronger Together

Parkland School Division Family Supports Newsletter February 18, 2021

Dear parents and caregivers,

Understanding and being aware of ADHD is important for everyone. We all have friends and family who have this diagnosis and just by being aware of what ADHD is and what it can look like can make a big difference. If you need more information or would like help getting connected to community supports we are here to help.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison



Family Tips - ADHD with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars - Low cost counselling for children and adults

Children with ADHD are often smart but seem very scattered. Children with ADHD typically have deficits in executive functioning skills (impulse control, planning/prioritization, task initiation, working memory, self-monitoring, emotional control, and organization). The National Center for Learning Disabilities explains that executive functioning skills help us to:

- Make plans
- Keep track of time and finish work on time
- Keep track of more than one thing at once
- Meaningfully include past knowledge in discussions
- Evaluate ideas and reflect on our work
- Ask for help or seek more information when we need it
- Engage in group dynamics
- Wait to speak until we're called on
- Make mid-course corrections while thinking, reading and writing

As one can imagine, children with deficits in these areas struggle in many areas both at school and at home. Although children with ADHD are likely to struggle in these areas, all teens may struggle in executive functioning skills to a degree as the prefrontal cortex of the brain is still developing into our mid-twenties. Peg Dawson, a lead researcher in executive functioning emphasizes the importance of developing practical strategies to support areas where children are weak in executive functioning.

Dr. Peg Dawson has compiled a list of helpful resources for parents on her website to learn more about supporting children in developing executive functioning skills. Additionally, Dr. Dawson has developed a number of practical resources for parents and teens to coach, monitor, and set daily goals to improve executive functioning skills.

Learn more about resources to support your child's executive functioning skills at : <https://www.smartbutscatteredkids.com/resources/print-articles/>

Focus on the Positive

When a child has a diagnosis of ADHD there are some amazing qualities to remember to speak openly with your child about. Lisa Gridley, from The Center of ADHD Awareness Canada writes that **children with ADHD have many talents and strengths** which can often go unrecognized in the face of executive skills challenges. These strengths for a child may include: curiosity, leadership, creativity, math and computer skills as well as humour and boundless energy. The key is to balance helping our children develop these executive functions that don't come as natural to them and to capitalize on the strengths that ADHD highlights such as creativity.

Source: <https://caddac.ca/adhd/document/things-that-parents-of-adhd-children-wished-every-teacher-knew/>
Parents You Are The Solution - From ADDitude Magazine -



As a parent, you know that ADHD can make the normal developmental tasks more difficult to accomplish. One of the ways you might like to try to help your child with ADHD relax and focus is with Mindfulness.

<https://www.newharbinger.com/blog/5-reasons-kids-adhd-need-learn-mindfulness-skills>

ADDitude Magazine

All parents will probably agree that parenting is the most rewarding, but also the most challenging, job in the world. This can be especially true if your child has ADHD. Parenting techniques that worked well with your other children may not work at all. It can leave you frustrated about how to help your child. An Additude Magazine article, *Parents You are the Solution*, written by Merriam Sarcia Saunders, LMFT, offers some suggestions.

1. Dedicate at least five minutes each day to focus on your child. Set up a game or special play time or, for older children a dedicated time to talk or share an activity.
Research indicates that even just five minutes can build a healthy relationship. To better your communication, use PRIDE: Praise, Reflect, Imitate, Describe, Enthusiasm.
2. PRAISE your child during this interaction using specifics. "Nice job keeping your hands to yourself." "Thank you for sharing what happened at school with me."
3. REFLECT verbatim what your child says. This is excellent during whining so you don't start negotiating, but also makes the child feel heard. *Child: I don't want to go last! Parent: You don't want to go last.* No matter how much they beg or complain, simply repeat what they say. It tends to end there, sets boundaries, and leaves the child feeling they've been listened to.
4. IMITATE: During your time together, do exactly what your child does. It lets him lead and feel empowered, but also models doing what you're told. If she puts the doll to bed, you put your doll to bed. If he draws a sun, you draw a sun.
5. DESCRIBE: Narrate your child's actions during play. This shows you are watching and are interested, helps with language development and self-esteem, and helps organize the child's thoughts about play.
6. ENTHUSIASM: Using an elevated tone of voice demonstrates interest in your child and can strengthen your relationships. Æ Æ



Try sharing this with the ADHD child or teen in your life and watch them smile!!



25 good things about having ADHD

1. Have lots of energy
2. Willing to try new things and take risks
3. Ready to talk, can talk a lot
4. Get along well with adults
5. Can do several things at one time
6. Smart
7. Need less sleep
8. Good sense of humour
9. Very good at taking care of younger kids
10. Spontaneous
11. See details that other people miss
12. Understanding of kids who get in trouble or get teased
13. Can think of different ways to do new things
14. Volunteer to help others
15. Happy and enthusiastic
16. Imaginative – creative
17. Articulate – can say things well
18. Sensitive - compassionate
19. Eager to make new friends
20. Great memory for things of interest
21. Courageous
22. More fun to be with than most kids
23. Charming
24. Warm and loving
25. Care a lot about families



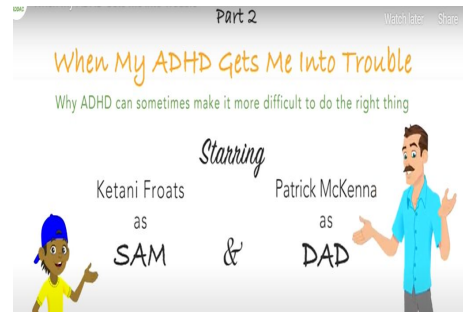
For Kids

The videos below are designed for **kids**, but are a great resource to share with your family to help understand ADHD and also to show how ADHD can make life difficult sometimes. (from the Centre for ADHD Awareness, Canada)

[That's Me, I Have ADHD!](#)



[When My ADHD Gets Me Into Trouble](#)



For Teens

Teen Mental Health Magazine through Teenmentalhealth.org is a great resource for teens who want to understand more about their ADHD.



<https://teenmentalhealth.org/wp-content/uploads/2014/07/Magazine-ADHD.pdf>

ADHD 101 - APFA in partnership with Parkland School Division

It's time to bust some of those myths about ADHD

About this Event

Presenter: [Chantal Jackson, Elements Health](#)

Discussion to bust myths about ADHD. Inform caregivers and the general public in order to increase compassion for the amazing humans living with ADHD, and to streamline interventions.

Date And Time

Wed, March 10, 2021
9:30 AM - 11:00 AM MST
[Add to Calendar](#)

Location

Online Event

Register here: <https://www.eventbrite.ca/e/adhd-101-registration-131636378953>

ADHD Strictly Strategies - APFA in partnership with Parkland School Division

Presenter Chantal Jackson, Registered Psychologist from Elements Health will share easy to use strategies for home, school and other environments and strategies for further developing the brain.

In partnership with Parkland School Division.

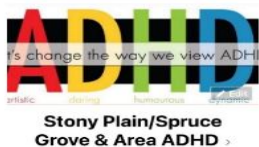
Zoom Link will be sent with order confirmation email and can be accessed again through Eventbrite once you register.

Register here: [//www.eventbrite.ca/e/adhd-strategies-registration-131634100137](https://www.eventbrite.ca/e/adhd-strategies-registration-131634100137)

Get ready to explore strategies for:

- ✓ Executive Functioning
- ✓ Emotion Regulation & Co-Regulation
- ✓ Impulsivity
- ✓ Sleep
- ✓ The (not-so-subtle) Art of Advocacy
- ✓ School & Home Based Accommodations
- ✓ The Developmental Delay of the pre-frontal cortex of the brain

March 17, 2021 - 9:30 - 11:00 - online event



Check us out on facebook.

This group is designed to create a sense of community and connection. To share information & learning opportunities. To ask questions & offer support. To share strategies, challenges & successes. To celebrate our/our child's unique gift that is ADHD and other co-existing diagnoses.

Possible financial supports for children with ADHD (from the Centre for ADHD Awareness Canada)

Disability Tax Credit

The Federal Government allows a Disability Tax Credit for those individuals and their dependents, who have a severe mental or physical development that causes marked restrictions in the area of sight, hearing, mobility, speech, memory, thought and perception, all or almost all of the time in any of the basic activities of daily living and the impairment is prolonged – has lasted or is expected to last for a continuous period of at least twelve months. [READ MORE](#)

Medical Expenses

In addition to the standard medical expenses such as prescription drugs and a variety of assistive devices, in 1999 the Federal government recognized that individuals with learning disabilities may have a need for supplementary educational service. [READ MORE](#)

Free Medication Cards that Cover the Difference between Generic and Brand Name Medications

Access co-pay assist cards for: - Concerta and Adderall XR [Here](https://www.innovicares.ca/)

LD Association Programming

Roblox Social Group 7+ Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and other life skills. Both fun and educational, the purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

- Saturday February 20, 2021 - Saturday March 27, 2021 1:00 to 2:30 pm

Roblox Social Group cost is 50.00 for the 6 sessions

- Spring Break Session - March 29, 30, 31 - 1:00 - 2:30 pm

Roblox Social Group cost is 25.00 for the 3 sessions

Social Skills Group - ages 8-12 and 13-18

- Does your child struggle with friendships and social cues?
- Do they have difficulty with organizational skills?
- Trouble paying attention or staying on task?
- Do they have trouble managing their emotions?

We can help! Join us for our Virtual Social Skills Program starting April 10, 2021

Our groups specialize in children with ADHD, ASD, Tourettes and Learning Disabilities but all are welcome!

- 8-12 years - 6 week program - Saturday mornings - 10:00 - 11:30
- 13-18 years - 6 week program - Saturday afternoons - 12:30 - 2:00

All sessions are virtual and through Zoom

- Some families are able to obtain FSCD funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LD Edmonton's FSCD vendor number is 598018.
- This program is open to everyone! Cost of the Social Skills Group is 100.00. For more information please contact info@ldedmonton.com or call our office at 780-466-1011

ADDitude Magazine



FREE WEBINAR ON FEB. 25

Raising Children with ADHD

Russell Barkley, Ph.D., shares 6 guiding principles for successfully parenting a child with ADHD. [Register »](#)



FREE WEBINAR ON MAR. 2

Discipline Strategies for ADHD

Learn immediate, evidence-based techniques to manage challenging behavior & [increase positive interactions.](#)

To register for Raising Children with ADHD go to:

https://www.additudemag.com/webinar/parenting-a-child-with-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=school_february_2021&utm_content=021721&qoal=0_d9446392d6-109ecf2d5d-301888414

To register for Discipline Strategies for ADHD go to:

https://www.additudemag.com/webinar/adhd-behavior-problems/?utm_source=eletter&utm_medium=email&utm_campaign=school_february_2021&utm_content=021721&qoal=0_d9446392d6-109ecf2d5d-301888414

apfa FAMILY RESOURCE NETWORK



Services include:

- Family Support
- Child and Youth Development and Well-Being
- Parent Education
- Home Visitation



780-963-0549



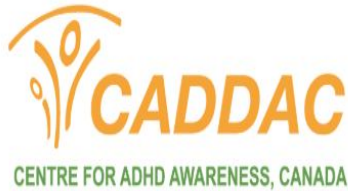
info@apfa.ca



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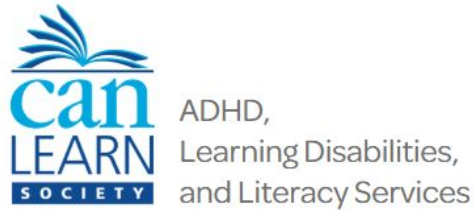
CAADAC (caddac.ca) offers tons of free resources on their site for parents to access and also has links to other helpful resources.



For more information on monthly support group meetings and other offerings check out their [Website](http://www.adhdedmonton.com) or email info@adhdedmonton.com

- **Adult/Partner with ADHD**
Third Wednesday of the month
7 p.m. – 9 p.m.
- **Parents of Children with ADHD**
First Wednesday of the month
7 p.m. – 9 p.m.
- **Young Adults with ADHD**
Third Wednesday of the month
7 p.m. – 9 p.m.

The association offers a parent support group and has many resources on their website at http://adhdedmonton.com/?page_id=25#Xwz-iyhKhPY.



[ADHD & Learning Disabilities | canlearn](#)

The Can Learn Society offers resources, blogs, podcasts and online group opportunities.

LD Edmonton

Monthly Virtual Parent Support Group

Join us for our parent support group running every fourth Wednesday of the month from 7:00 pm until 8:30 pm. Next group is February 24, 2021. Register by emailing info@ldedmonton.com for the Zoom link.

February 24th Support Group is Understanding and Navigating IPP's.

IPP's can leave us filled with anxiety, stress and frustration. A well-written supportive IPP can make a world of difference in our children's educational careers. Join us as we have a candid conversation about what an IPP is, the IPP process and how this tool can contribute to your child's success in school.

Autism Has No Look: Putting A Spotlight on the Spectrum

APFA in partnership with Parkland School Division

Wed, March 3, 2021

6:00 PM – 8:00 PM MST -Online Event

Register here:

<https://www.eventbrite.ca/e/autism-has-no-look-putting-a-spotlight-on-the-spectrum-tickets-139708755649>

As a child Kerry was nonverbal and today as an autistic adult is a professional speaker who has what some would say an 'invisible disability.' In this presentation, you will hear a first-person account of what helped him, from early intervention to his road to adulthood. Case studies will be shared to highlight the uniqueness of each individual who has autism. Time will be left at the end for Q&A.

Reach out for support:

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater Parkland area 780-217-8701
Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549
Adult Crisis Response - 780-342-7777
Support Network Distress Line - 780-482-4357
Adult Mental Health Referral and Treatment - 780-424-2424
Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422
Sunrise Supports - Dena Davis - 780-977-6241

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line	780-482-4357(HELP)
Addiction Helpline.....	1-866-332-2322
Child Mental Health (8am-11:30pm)	780-427-4491
Kids Help Phone	1-800-668-6868
Bullying Helpline.....	1-888-456-2323
Seniors Abuse Helpline	780-454-8888
Family Violence Info Line	310-1818
Sexual Assault Center (9am-9pm)	780-423-4121
First Nations & Inuit Mental Health Hope for Wellness	1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health	780-424-2424
Westview Health Centre.....	780-968-3600
Child Intervention Services	780-422-2001
Kids Cottage Crisis Childcare ...	780-944-2888
Parkland RCMP	825-220-2000
Poison Control	1-800-332-1414
NeighbourLink Parkland (practical crisis help) Monday-Friday 9am-4pm	780-960-9669
Pay Forward Kindness (homeless supports)	587-286-4663

I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



or download **HelpSeeker**, onto your phone to find local supports and resources.

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women)	780-424-8335
Women's Emergency Accommodation Centre	780-423-5302
Hope Mission (ages 16+, men, women)	780-422-2018
Youth Empowerment & Support Services (YESS).....	780-468-7186
Salvation Army (Transitional Housing, 24/7)	780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters	1-866-331-3933
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I NEED DETOX SUPPORT

George Spady	780-424-8335
AHS Detox Centre.....	780-427-4291
Youth Edmonton Detox	780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... ..	780-424-4106
George Spady Centre	780-424-8335
Boyle McCauley Health Centre	780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and Mental Health (adults).....	780-424-2424
Youth Addiction Services	780-422-7383
Access Open Minds (youth 16-25) ...	780-415-0048
Child and Adolescent Mental Health Services	780-342-2701
Westview PCN Youth Mental Health Clinic (ages 11-24) ...	780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)	811
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WHERE CAN I FIND FOOD?

Parkland Food Bank 105 Madison Cres, Spruce Grove.....	780-962-4565
Auggies Café (Tuesday Free Lunch) 131 Church Rd, Spruce Grove	780-962-5131

Spruce Grove FCSS
#105 - 505 Queen Street, Spruce Grove, AB
780-962-7618

Stony Plain FCSS
#107, 4613 - 52 Avenue, Stony Plain, AB
780-963-8583

