

# Help for Parents of ADHD Children

Northwest Youth & Family Services is offering a four-session group for parents of children age 5-11 who have been diagnosed with Attention Deficit Hyperactivity Disorder or children whose behavior might suggest Attention Deficit Hyperactivity Disorder.

The group will use material from several experts, including Russell Barkley, Ph.D., a noted expert in the field of ADHD and oppositional defiant children. Topics will include:

- why children misbehave
- how to increase attention to children's positive behaviors
- increasing children's ability to comply with directions
- reinforcement strategies-token and point systems
- how to use time outs and other discipline methods effectively and consistently
- managing children in public places
- how to support improved school behavior from home

This group will meet 5 to 6:30 p.m. on Thursday evenings Feb. 18 and 25, March 4 and 11. Cost is \$40. Payment is required before the start of the first session. A limited number of scholarships are available based on need. Call for details.

**Sessions will be held at:**

**Northwest Youth  
& Family Services  
3490 Lexington Ave. N.  
Shoreview, MN 55126**

**NYFS Outpatient Mental Health Services offer counseling and support for individuals and families experiencing difficulty with depression, family conflict, marital conflict, divorce, anxiety, behavior disorders, self-esteem, anger, stress, employment issues and difficult life transitions. For more information, please call 651-486-3808 or visit us on the web at [www.nyfs.org](http://www.nyfs.org)**