

# “MOMS’ NIGHT OUT\*”

(Dads are welcome too).

November 14, 2023 7:00-8:00pm



## Support Group for Parents of Children with ADHD

Do you have a child with ADHD in your household? Ever wish you could connect with other families who are facing a similar parenting experience? Please join experienced therapist, Jennifer Rich, LMFT, in a session designed just for you.

The group will meet online via Zoom to learn new tips and strategies to help manage the many challenges that families face when parenting their children and teens – especially when ADHD is in the mix. Afterward, participants in the group are encouraged to exchange contact information, to continue sharing support and ideas, recounting recommendations about what has worked well, and what really didn’t, for each family. Fee for CDM group session is \$100 per family, please register with the clinic in advance.

\* Please note: It is an online session this month.



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