



VALLEY ADHD PARENT SUPPORT GROUP

Join our virtual meetings
every **1st Tuesday of the month**
6:30pm to 8:00pm

Join other caregivers of children with ADHD

Be heard without being judged

Receive information and support

Hear how other cope with similar challenges

Learn about local resources for families

Leave feeling empowered and hopeful

For the Zoom Meeting Link contact:

ValleyADHDfamilies@gmail.com

or visit valleyADHD.org