



# SW Metro ADHD Connection

***Families with attention issues face challenges that friends might not understand. This group provides a rare opportunity to meet others like you and to learn, discuss and share strategies. It's FREE, fun, informative and helpful for parents, adults, and professionals.***

**When:** Monday, March 13, 7:00-8:30 pm

**Where:** Eden Prairie Center, Community Room @ 8251 Flying Cloud Dr.  
(take elevator to basement level)

**Topic:** ***“5 Strategies for Help Develop Self-Regulation and Executive Function Skills”***, presented by Paige Hays, Pediatric Occupational Therapist. What are self-regulation and executive function skills? How do these skills develop? And, how are they believed to be a core deficit in many disabilities, including attention disorders and learning disabilities? Focus will be on the everyday impact of struggling with self-regulation and executive functioning and practical ideas for families.

**Meeting Dates:** 2<sup>nd</sup> Monday of each month  
September through May



**Like us on Facebook!**  
**SW Metro ADHD Connection**  
**CEU clock hours available!**



For more information or to be added to distribution, contact [sw-metro@chadd.net](mailto:sw-metro@chadd.net)