



ARE YOU PARENTING A CHILD WITH EXECUTIVE FUNCTION CHALLENGES OR ADHD?

Do you want more calm and less conflict?
Are you tired of the frustration? Need help setting boundaries and motivating your child? Wondering about how medication impacts ADHD?



**Join Licensed Psychologist and
ADHD/EF Parent Coach Dr. Terry D'Elisa for**

CALM AND CONNECTED: PARENTING KIDS WITH ADHD/EXECUTIVE FUNCTIONING CHALLENGES®

This popular 7-week program covers:

Session 1 – Understanding ADHD

Session 2 – Remaining Calm and Connected

Session 3 – Improving Communication

Session 4 – Encouraging Collaboration

Session 5 – Achieving Clarity & Consistency

Session 6 – Enforcing Consequences

Session 7 - Making Better Choices

- How ADHD and Executive Function Deficit impacts learning and behavior
- What makes following directions and consistency so challenging
- Why concepts like organization and time management seem to be learned, but not followed
- How using rewards and punishments often create more problems than they solve
- Why attention and discipline alone are not enough to improve performance and compliance

7-Session Series offered Mondays 7-8:30 pm

October 1, 8, 15, 22, 29 November 5, 12

Location: 140 Elm St

New Canaan, CT 06840 (Next to Design Solutions, upstairs and left. Office in the rear)

7 Session Series: \$390/person, \$650/couple (\$350/\$600 for reg by 9/15/18)

**Call or e-mail for questions. Mail registration to reserve
your spot today!**

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