



St. Johns Public Schools Families

join our next Mental Health Series

Your Active Child: ADHD

Parenting an Active Child

Course Created by:

Dr. Kevin Skinner, LMFT, CSAT, EMDR

Parenting a child can be challenging, especially if your child struggles to pay attention or is impulsive. This session will address the following:

- symptoms associated with ADHD
- challenges with ADHD
- solutions to challenges including:
 - medications
 - communication
 - symptoms at home
- becoming an advocate for your child



May 15, 2024

6:30–7:30 PM

via Zoom

Register Here

[http://cookcenter.info/
May15SJ](http://cookcenter.info/May15SJ)

