



Cashman Center
Therapies for Mind & Body



Knowledge is Power: A Book-Guided Learning Group for Parents of Children with ADHD or ADD

Hosted by Dr. Emily Anastasio

**6 week online class for parents and caregivers, Fridays from 12:15-1:00pm
Come learn all about ADHD alongside other local parents!**

Class begins Friday, April 16, 2021



You are your child's best advocate. Come learn with us!

Dr. Emily Anastasio is a licensed Clinical Psychologist with expertise in neuropsychology, children and adolescents, and the assessment and treatment of ADHD across the lifespan.

Participate from the comfort of your home through our secure online telehealth portal. Take a pro-active step in managing your child's ADHD and mental health now and in the future. We will use Russell Barkley's *Taking Charge of ADHD* book, which includes complete coverage of:

- Understanding what ADHD is, and what it is not
- Proven strategies for children in the home setting
- Best education approaches
- Adolescence and ADHD
- Treatment options, including medications
- And much more!

This is a learning and discussion group, **not a therapy group**. Read, listen, discuss, and ask questions as much or as little as you'd like!

To register and reserve your spot in the class, please call Cashman Center at 952-224-8990. Course fee is \$250, payable at time of registration. Class size limited to 8 participants.