

EMPOWERED PARENTING FOR CHILDREN WITH ADHD



Online Classes with Coaching Sessions

Are you raising a child with ADHD? You're not alone! Parenting an ADHD child comes with unique challenges—but also incredible opportunities to nurture their potential and build a thriving family dynamic.

Who Should Attend:

Parents, caregivers, and guardians of children diagnosed with ADHD—or those who suspect their child might have ADHD.

Why Join?

Gain practical tools you can use right away & learn from professionals who specialize in ADHD. Research shows parental changes are critical for children with ADHD to be successful in learning executive function and emotional regulation tools. Even if your child is in individual therapy/school based plans, you will see significant improvements with skill changes you make at home.



Virtual Class Videos - \$250

This includes access to our educational videos (10+ hours total), workbook, and information sheets. * Videos will continue to be available for 1 year. *

Individual coaching sessions are available upon request. Please contact information@anxietyannarbor.com if you are also interested in coaching sessions

For more information or to schedule please call or email
(734)368-9691
information@anxietyannarbor.com

What You'll Learn:

- Proven strategies to improve focus, reduce stress, and foster cooperation
- How to set routines and boundaries that work for ADHD brains
- Effective communication techniques to strengthen your bond
- Tools to handle meltdowns and manage emotions with empathy
- Ways to celebrate your child's unique strengths and abilities

**Laura Lokers,
LMSW**

Laura Lokers has over 20 years of experience working with evidence based behavioral therapies for anxiety/ocd related disorder, depression and ADHD.



**Anxiety and OCD
Treatment Center
of Ann Arbor**

Providing evidence-based treatment across the lifespan