

Main objectives of the Association



1. To help people develop a better understanding of Attention Deficit Disorder with or without Hyperactivity.
2. An exchange of ideas to help people with their behavior and learning who live with the symptoms of ADHD.
3. To provide people with an opportunity to share with each other their experiences and exchange successful and practical strategies with each other.
4. To sensitize and inform the community about ADD/HD.
5. To support the different partners involved in working together (Parents, School setting, CSSS...).
6. To identify and improve the existing resources.



Who?

Anyone who is seeking information and support on Attention Deficit Disorder with or without Hyperactivity.

How ?

Through information workshops and programs that are animated by professionals in a friendly and supportive environment with others.

Our evening conferences are from October to May, from 7:00 to 9:00 pm. Refer to our program for all dates.

Yearly membership card \$5 individual
\$7 family

Where ?

4Korners Family Resource Center
1906, OKA road, Deux-Montagnes



www.pandabiso.ca



CONTACT
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CONFERENCES
2012-2013

What if it was not a matter of will...



Does someone you care about have difficulty concentrating at school or work, easily distracted, is impulsive and/or frustrated? Have these symptoms existed for more than 6 months?

Come and meet Us !

PROGRAM 2012 – 2013



DATE	TOPIC	SPEAKER	INTENDED FOR
OCTOBER 11 TH	HOW TO ADVOCATE AND SUPPORT YOUR CHILD	Susan Smith, Specialized Educator	Parents
OCTOBER 25 TH	ADHD	Peter Gantous, M. A. Clinical Psychologist	Parents/Professionals
NOVEMBER 8 TH	STRESS & COPING	Robert Paul Juster, Ph. D. Candidate Integrated Program in Neuroscience, McGill University	Parents/Adults/Mature Adolescents/Professionals
NOVEMBER 29 TH	ADHD AND ADOLESCENTS	Dr. Lili Hechtman, Montreal Children's Hospital	Parents/Professionals
JANUARY 31 ^S	SELF CARE FOR THE PARENT	Joanne Gagne, M. A. Psychotherapist, Art Therapist, Life Coach	Parents
FEBRUARY 28 TH	OPPOSITIONAL DEFIANT DISORDER	Peter Gantous, M. A. Clinical Psychologist	Parents/Professionals
MARCH 14 TH	LIVING WITH ADHD: STRATEGIES & ASSISTIVE TECHNOLOGIES	Elizabeth Shoiry, M. Ed. Neuropsychologist/Psychologist	Parents/Professionals
MARCH 28 TH	CREATING STRONG & SUPPORTIVE FAMILIES	Jodie Thompson, Specialized Educator	Parents
APRIL 25 TH	ADHD IN ADULTHOOD	Peter Gantous, M. A. Clinical Psychologist	Adults/Parents/Mature Older Adolescents
MAY 9 TH	SELF-ESTEEM	Dr Yaniv Elharrar, Ph. D. Psychologist	Parents
MAY 23 RD	INTERNET SAFETY FOR PARENT AND YOUTH	Constable Christopher Harding, Regional Police of Deux-Montagnes	Parents and Child (aged 12+)



All conferences are open to anyone who is interested. Intended for indicates that the topic may be most relevant for the identified people.
Coordinator of the Anglophone Chapter : Lisa Agombar , Social Counsellor