

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.pandablsso.ca

ASSOCIATION
PANDABLSO
BASSES-LAURENTIDES SUD-OUEST

CONTACT
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CONFERENCES 2013-2014

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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 2013 – 2014



DATE	TOPIC	SPEAKER	INTENDED FOR
OCTOBER 3RD	STRATEGIES FOR SCHOOL SUCCESS	Andrea Berry, retired teacher	Parents
OCTOBER 24TH	UNDERSTANDING ADHD	Dr. Diane Normandin, MD	Primarily for Parents and family, some content may be relevant for Professionals
NOVEMBER 28TH	MINDFULNESS FOR LIVING WITH ADULT ADHD	Dr. Robert Béliveau, MD	All adults and mature teens
JANUARY 30TH	RAISING OPTIMISTIC CHILDREN	Peter Gantous, M.A., Clinical Psychologist	Parents
FEBRUARY 13^S	SUPPORT AND EXCHANGE EVENING	Lisa Agombar, Social Counsellor	Parents
FEBRUARY 27TH	PHYSICAL ACTIVITY & ADHD	Dr. William Harvey, Ph.D.	Primarily for Parents and family, some content may be relevant for Professionals
MARCH 13TH	SUPPORT AND EXCHANGE EVENING	Lisa Agombar, Social Counsellor	Parents
MARCH 27TH	MEDICATION	Dr. Normandin, MD	Primarily for Parents and family, some content may be relevant for Professionals
APRIL 24TH	EMOTION REGULATION	Peter Gantous, M.A. Clinical Psychologist	Parents
MAY 8TH	ORGANIZING THE HOME	Sue Brooker, Professional Organizer	Adults



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