

We invite you to get the answers you need about ADHD...

Monday, February 6, 2012 6:00 – 9:00 p.m.



ADHD: A developmental perspective

presented by Holly West Jones, M.A., Waterside Coaching & Counseling

This one-night workshop will cover research-based education for parents about ADHD in children and adolescents. Learn how to help children and teens manage their lives and ADHD more successfully through techniques addressing:

- time management
- motivation & follow-through
- organization
- the importance of routine

Parents will receive a complete bibliography of useful books and additional community resources.

Holly West Jones received her undergraduate degree from the University of Minnesota with a double major in Social Work and Family Social Science and received a Master of Arts in Counseling Psychology from the Adler Graduate School. She has devoted her career to researching and understanding Attention Deficit/Hyperactivity Disorder. Her master's thesis was titled "ADHD in Children and Adolescence" and her internships were devoted to determining the best educational setting for the ADHD student. She is the mother of a student with ADHD and understands the issues confronting families both personally and professionally. Currently, Holly is in private practice in Excelsior, MN. She provides coaching and education for families, students and other professionals. Additionally, she consults with individual school districts and their personnel and develops comprehensive programs for students with ADHD in their academic setting.

Monday, February 13, 2012 6:00 – 9:00 p.m.



ADHD Medications: Issues and Answers

presented by Dr. JoAnne Hoffman Jecha, M.D., South Lake Pediatrics

The choice to utilize medications to treat ADHD is an important one. This one-night lecture will serve to provide parents with the information needed to facilitate making an informed decision for your child. Learn about the history of ADHD, how diagnoses are made and what research tells us about the results of treatment. We'll also discuss the risks and benefits of current medication options.

JoAnne Hoffman Jecha, M.D. is a Pediatrician and Director of Mental Health Services at South Lake Pediatrics. In addition to general pediatrics, she has expertise in the areas of ADHD and pediatric depression and anxiety. She has participated in the development of the ADHD toolkit for pediatricians with the Children's Physician Network. Currently, she is chairperson for a grant from the Department of Health and Human Services on childhood and adolescent depression.

Location:

Minnetonka Community Center
Shady Oak Room
14600 Minnetonka Boulevard
Minnetonka, MN 55345

To sign up for the event(s):

email: kmeyer@slpeds.com
call: Kathy at 952-401-8252

Mail your check to:

Kathy Meyer
South Lake Pediatrics
17705 Hutchins Drive, Suite 250
Minnetonka, MN 55345



\$20 per session or \$35 for both.

Please note on payment which event you will be attending.

Cash or check payments can be paid at the door, but space is not guaranteed without advance payment.



South Lake Pediatrics
Infant, Child & Adolescent Care