

ADHD PARENT EDUCATION & SUPPORT GROUP

KAISER PERMANENTE

HAYWARD

HEALTH EDUCATION

CHILD PSYCHIATRY

PEDIATRICS



Come learn about ADHD, its signs and symptoms, medications, and strategies for managing ADHD children at home and in school. This program helps you establish behavioral systems to enhance your family's coping skills.

FREE!!

Date & Time:

Call for dates. Tuesdays, 6:15-7:45 p.m.

Length:

Four sessions

Location:

Hayward, Sleepy Hollow

Registration:

Please call Health Education

510-784-4531, 510-248-3455, 510-454-4531

Your Health Online Shortcuts to better health at kp.org

kp.org/children – information on child development, common illnesses, physical activity, positive parenting, and much more

kp.org/actforfamily – manage appointments, e-mail your child's doctor, and view health records

kp.org/amazingfooddetective – interactive health game for children

kp.org/mydoctor –

- View the homepage of your child's doctor
- Prepare for a procedure by watching an Emmi® program
- Sign up for the *Healthy Kids* online newsletters
- Download well-check questionnaires

kp.org/kidwisdom – healthy activities and games for children

kp.org/watch – view health videos online:

- Your child's asthma (available in English and Spanish)

kp.org/farmersmarket – find a farmer's market near you

kp.org/health – view the health encyclopedia for child & teen topics

kp.org/espanol – content in Spanish