

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, CISSS...).
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.

Yearly membership card: \$10

When ?

From 7:00 to 9:00 p. m. Refer to our program for all dates.

Where ?

Maison des citoyens de Deux-Montagnes
202, Henri-Dunant, Deux-Montagnes J7R 4W6



www.pandablsso.ca

ASSOCIATION
PANDABLSO
BASSES-LAURENTIDES SUD-OUEST

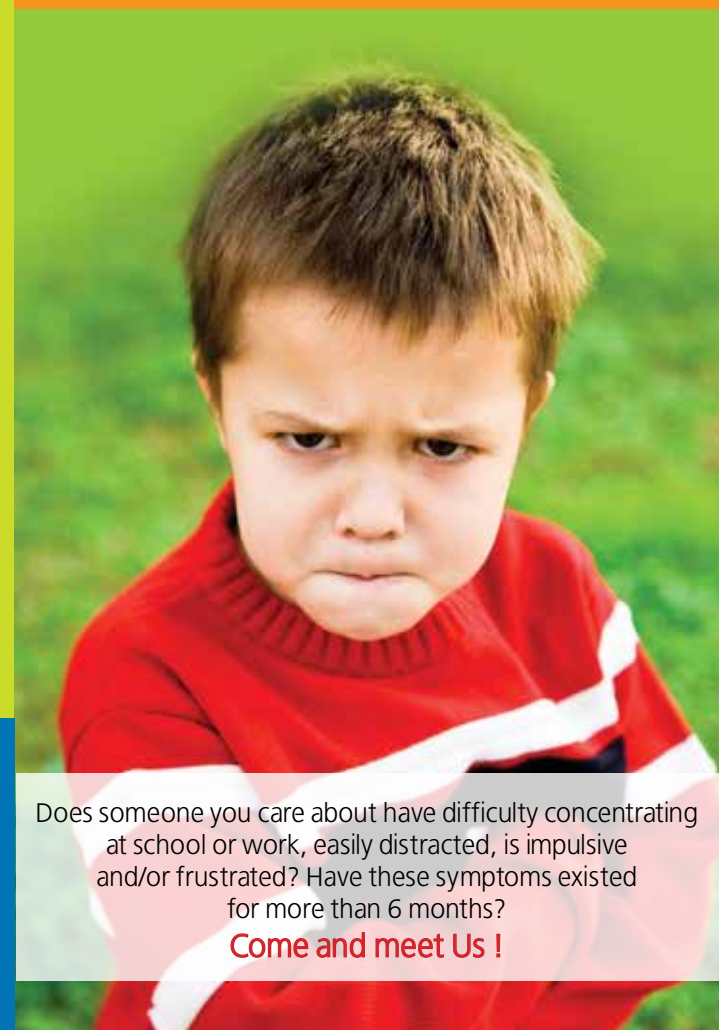
CONTACT

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

CONFERENCES 2018-2019



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 2018 - 2019



DATE	TOPIC	SPEAKER	INTENDED FOR
SEPTEMBER 27, 2018	WHAT IS ADHD AND HOW TO HELP!	Peter Gantous, M.A., Clinical Psychologist	Parents / Adults / Professionals
OCTOBER 25, 2018	STRATEGIES TO HELP MY CHILD DURING HOMEWORK AND AT SCHOOL	Monic D. Farrell, Consultant in Special Education, SWLSB	Parents / Professionals
NOVEMBER 29, 2018	HOW TO DEAL WITH OPPOSITIONAL BEHAVIOURS	Peter Gantous, M.A., Clinical Psychologist	Parents / Professionals
JANUARY 31, 2019	THE IMPACT OF ADULT ADHD ON RELATIONSHIPS	Dr. Laurie Betito, Ph.D., Psychologist/ Sex Therapist/Radio Host CJAD/Author	Adults with ADHD
FEBRUARY 28, 2019	STRESS & COPING	Dr. Robert-Paul Juster, Ph. D.	Parents / Adults with ADHD / Professionals
MARCH 28, 2019	FRUSTRATION AND ANGER MANAGEMENT	Peter Gantous, M.A., Clinical Psychologist	Parents / Adults with ADHD / Professionals



All conferences are open to anyone who is interested. Intended for indicates that the topic may be most relevant for the identified people. Please consult our Website at www.pandablsoc.ca for the conference descriptions.

Coordinator: Marie-Josée Trudel, Psychologist