

## **District 622 ADD/ADHD Support Group**

The District 622 ADD/ADHD Support Group will hold its next meeting of the school year on **Monday, February 11** from 6:30 - 8:30 p.m. at the District Education Center at 2520 E. 12th Ave., N. St. Paul. Please look for our signs and enter through the doors at the western end of the building.

**Susan Gatto, LICSW**, will discuss **Anxiety and ADHD**. Anxiety frequently occurs along with ADHD and can cause significant distress to children (and to their parents and others who are trying to help them). Ms. Gatto, a therapist who works with children with these disorders, will explain how anxiety and ADHD can occur separately or together. She will also talk about the best ways to help children manage their symptoms in order to achieve a better quality of daily life. This presentation will be an open format, inviting questions, conversation and discussion.

This free community group is a place for parents, teachers and all adults involved in the lives of children who are diagnosed with Attention Deficit Hyperactivity Disorder to meet and gain support, information and education through group discussion, guest lectures and sharing. All adults are welcome, whether or not you live in District 622 and CEUs are available.

We ask that you do not bring children to meetings but they are welcome to attend our childcare. The cost is \$2.00 per child, per meeting. Pre-registration for childcare is required at least one week in advance. Call **651-748-7594** and leave your name and phone number and the ages and names of your child(ren). This information is required for all childcare reservations.

If you have any questions please call Sarah Lilja, school social worker, 651-748-7585.