

District 622 ADD/ADHD Support Group

The District 622 ADD/ADHD Support Group will hold its last meeting of the school year on **Monday, April 14** from 6:30 - 8:30 p.m. at the District Education Center at 2520 E. 12th Ave., N. St. Paul. Please enter the building by through the main doors near the east parking lot (by the soccer field).

Our last meeting will focus on mindfulness training, which has become an increasingly popular intervention for a variety of mental health and behavioral concerns with adults and children. Lauren Braswell, Ph. D., clinical psychologist and professor at St. Thomas, will discuss the role of **Mindfulness Training with Children and Adults Impacted by ADHD** and will provide the group with some brief experiences with mindfulness meditation.

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.