

DISTRICT 622 ADD/ADHD SUPPORT GROUP (Spring 2008)

MEETING INFORMATION

All adults are welcome to our group, no matter where you live. You do not need to live in District 622 in order to attend. We ask that you do not bring children to meetings. They are welcome to attend our childcare (see childcare information in this newsletter).

We meet on the second Monday of the month from October to April from **6:30 - 8:30 p.m.** at the District Education Center (DEC), 2520 E. 12th Ave., North St. Paul. Please use the western doors, facing 12th Ave. to enter the building. The closest parking is on the street in front of St. Mark's church (which is directly across 12th Ave. from our doors) or in the lot on the west side of the building. *The doors on the eastern side of the building (by soccer field) are often closed at 5:00 pm.*

FINDING OUR MEETINGS

Highway 36 has recently undergone major reconstruction and access to some of the local roads has changed. **You can no longer exit onto Margaret Street from Highway 36.** Instead, the easiest way to get to the DEC, where we meet, is to take Highway 36 to McKnight Road and go north. Then take the first right onto 11th Avenue. Follow 11th for about four blocks, passing the new North High School. DEC is the building after North High, on the south side of the street, across from St. Mark's Church.

SUPPORT GROUP SCHEDULE:

Jan. 14 **Dr. Yasmine Moideen**, child psychologist, will talk about **Executive Functions**. Come find out how your child's brain learns to learn, learns to organize, and learns to plan. This talk will give you a better understanding of these important skills and how they can be impaired in ADHD.

Feb. 11 We will watch the video, **Learning Disabilities: FAT (Frustration, Anxiety, Tension) City** by Rick LaVoie. This video has been called the all time best video on learning disabilities and you will come away with lots of information on LDs and ADHD.

March 10 Striking up friendships can be a wonderful part of childhood and beyond. In her presentation, **Fostering Friendships**, **Debra Schipper** will provide an overview of social skills related to making and keeping friends, as well as a variety of strategies and ideas for helping children with special needs foster these friendships along.

SCHEDULE CONTINUED:

Apr. 14 **Steve Peer**, ADHD coach and parent of a child with ADHD, will help us answer the question, **Why is my Child Always Angry?** If your child has ever struggled with intense emotions, especially anger, this presentation is for you.

MEETING CANCELLATIONS

Support group meetings are cancelled whenever District 622 is closed due to bad weather. You can find out if the district is closed at <http://www.isd622.org/>.

CHILDCARE – DON'T FORGET TO CALL

Please make childcare reservations **at least one week before** every meeting. Call **651-748-7594** and leave a message with your name and phone number and the names and ages of your child(ren). *If you do not leave all of this information, your reservation for childcare will not be accepted*, so please don't forget. The cost of childcare is \$2 per child per meeting. *There is no drop-in care.*

If you make a reservation and then later realize that you can no longer attend that night's meeting, please call the childcare line and let us know.

ADHD SUMMER CAMP FOR 6-12 YEAR OLDS

This program, developed and directed by ADHD expert, Michael Bloomquist, PhD, is designed to increase social competence, enhance literature appreciation, provide opportunities for creative expression, and build confidence through accomplishment. The program combines child, parent and family components with the goal that participants achieve positive behavior management skills that serve as a solid foundation for success in all aspects of life. For more detailed information regarding program, dates and cost, contact Sharon Blossom at Illuminate, **651-264-0444**.

CHADD MEMBERSHIP DROPPED

Due to our tight budget, we have had to drop the group's CHADD membership. CHADD is the national advocacy and education group for ADHD and provides a terrific magazine, "**Attention**," to members. Unfortunately, we will no longer be able to have this magazine in our library. However, the Twin Cities Chapter of CHADD continues to support and advertise our group across the Twin Cities efforts (thank you, Steve Peer!). In addition, the CHADD website, which has a wealth of helpful information, is available to all. Go to www.chadd.org and check out their great resources.

Disclaimer: Resources in this newsletter have not necessarily been reviewed for accuracy. Please be a cautious consumer. We do not endorse any of the services or information mentioned in this newsletter.

DONATIONS ARE OUR MAIN SUPPORT

Despite the loss of our grant funding in 2006, our group continues to thrive, thanks to the many donations we have received from individuals and groups. Thank you to all of you who are helping ensure the continued existence of this group. We couldn't do it without you! If you want to make a donation, you can do so by dropping it in our donation box at a meeting or by sending a check (made out to the District 622 ADD/ADHD Support Group) to Sarah Lilja, 2520 E. 12th Ave., N. St. Paul, MN 55109. All donations are tax deductible.

PARENT TO PARENT ADHD CLASS

This workshop series provides individuals and families with educational information and support to help them deal with AD/HD and learn to navigate the challenges of AD/HD across the life span. Each participant/family receives extensive materials to support the discussion, including articles, reference materials, handouts and homework assignments. The curriculum was developed by parents who have lived the ADHD experience and who also have had access to the best researchers and practitioners in the country. This five-week class begins February 7 in Maplewood and costs \$75. For more information or to register contact Steven Fitch at 651-483-0961 or fitch006@umn.edu.

INTERESTING FACTS ABOUT OUR GROUP

- Our group has been meeting since 1994. That's 14 years!
- District 622 has been our sponsor since the beginning, providing free space, advertising and other support.
- Our mailing list continues to grow as more and more people hear about the group. We are now sending this newsletter to nearly 600 individuals, organizations, medical practices, and community agencies.
- Though most of our participants live nearby, we have families that come from as far away as Apple Valley, Centerville, and New Richmond, Wisconsin!

ADHD FAMILY NIGHTS

This after school program has a child social skills component known as "Circle of Friends" and a corresponding parent component known as "Parents Excited About Kids." It runs in eight-week blocks and is available on Tuesday or Thursday evenings. For more detailed information call Sharon Blossom at Illuminate, **651-264-0444**.

SUPPORT GROUP LIBRARY

Please take a minute to look through your books at home to see if you might have any books that belong to the support group library. If you find a book and cannot make it to a meeting to return it, please call Sarah Lilja at **651-748-7585** to make arrangements to get it back to us.

FRAGILE BRAIN LEARNING RECOVERY FOR TEACHERS

MACMH is sponsoring a workshop with Eric Jensen on Tuesday, February 26, 2008 from 9am - 4pm at the Prom Center in Oakdale. This workshop will have a special focus on AD/HD, oppositionality, and processing deficits. Participants will gain an understanding of the causes of brain differences and learn what to do to help students succeed. In addition, highly practical and classroom-tested tools for proven student achievement will also be shared. For more information, go to www.macmh.org.

WORKSHOP – THE STRUGGLING CHILD

Illuminate, an agency in Oakdale serving children and adults with ADHD and co-existing conditions, sponsors this workshop which lasts three hours and is repeated throughout the year. It is facilitated by Michael Bloomquist, PhD, a University of Minnesota consulting psychologist and the author of Skills Training for Children with Behavior Problems. The workshop teaches effective parenting skills for a variety of real life situations, and provides participants with a toolbox of strategies that can be tailored to the unique circumstances of each family. For more detailed information regarding this program, contact Sharon Blossom at Illuminate, **651-264-0444**.

UNDERSTANDING YOUR CHILD'S IEP

PACER Center is sponsoring this **free** workshop on Thursday, Jan. 31, 2008 from 6:30 to 9 p.m., at O.H. Anderson Elementary School in Mahtomedi. Learn practical tips to help you understand your child's IEP and to better prepare for IEP meetings. Call PACER to for more information or to register, **952-838-9000**.

WHO CAN ANSWER YOUR QUESTIONS?

Don't know who to talk to at your child's school? Feeling frustrated about your situation? We'll try to help. Call Sarah Lilja, Social Worker, at **651-748-7585**, or June McCarthy, Parent Facilitator, at **651-653-7563**.

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**DO YOU WANT YOUR NAME
REMOVED FROM THIS MAILING LIST?**
Call **651-748-7585** and leave a message,
spelling your last name.