

## Purpose

To provide individuals with:

- An educational opportunity to learn about ADHD
- A network of people who may help to ease feelings of isolation
- An opportunity to ask questions in a safe environment

For further information or questions, please contact:

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Adult Ministries Director

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Shepherd of the Valley is located at the corner of Johnny Cake Ridge Road and McAndrews Road (Co. Rd. 38), near the Minnesota Zoo

## Who Can Attend

These meetings are open to everyone in the community!

## Location

Shepherd of the Valley Lutheran Church  
12650 Johnny Cake Ridge Road  
Apple Valley, MN

## Time

6:45 PM—9:00 PM

## Fees

Cost per session:

\$10 per individual/ \$15 per family  
for speaker presentations  
(Scholarships available)

\$5 per person for video nights

No fee for  
support group only evenings

Kid Care available:  
\$5.00/per child/evening

Pre-registration and payment is required **ONLY** for Kid Care (6 weeks—12 years old), one week prior to the event.  
Go to [www.sotv.org](http://www.sotv.org), click event registration, ADHD Kid Care.  
Questions? Call 952-985-7331

# (ADD/ADHD)

## Attention Deficit Hyperactivity Disorder

### 2009-2010

### Bringing Education & Support to the Community

*SOTV is pleased to provide space for this support group. This does not imply endorsement of speakers or information presented.*

## Schedule for 2009-2010

Cost per session: \$10 per individual / \$15 per family (speaker nights), \$5 per individual (video nights), no fee (support group evenings)

Thursday, August 20, 2009

### A "Toolkit" for Academic & Social Success & Optimizing Brain Function

**Dr. John F. Taylor, Ph.D.**

Dr Taylor, an author & family psychologist in private practice in Oregon will provide a unique perspective on ADHD as both a parent & professional. The following topics will be addressed:

- Healing Family Processes
- Using Nutrition to Advantage
- Preventing the Ignore-Nag-Yell Cycle
- Increasing Academic Performance
- Getting Organized
- Building Conscience
- Increasing Self-Esteem
- Improving Decision-Making
- Reducing Med's Side Effects
- Getting Homework Done & Turned In
- Distractibility
- Misbehavior in Public

Get Nitty-Gritty answers, plus a great resource table with over 100 titles: Books, videos, tapes, & booklets galore to help you with ADHD-related issues.

**For this evening only, KidCare will be \$6 per child.**

Monday, September 28, 2009

### Video Night Nutrition & Neurochemistry, The ADD Link, New Hope for Attention Deficit Disorder

**Dr. John F. Taylor, Ph.D.**

Dr. Taylor is a nationally-known author, clinical psychologist, and father of 3 ADD/ADHD children. Dr. Taylor's video talks about how ADD/ADHD individuals are affected by: allergies, irritant petrochemicals, attack on nerve cells, & prevalent neurotoxins. Learn how to fight their effects with proper nutrition.

Monday, October 26, 2009

### Raising a Challenging Child as a Journey to Self-Awareness and Growth

**Vivien Bucaner, M.S., M.Ed. and Homeopath**

The great majority of parents look at a difficult child and think, "Let's fix the child." This approach might get you by, but it will not produce a journey of true healing. Ms. Bucaner will speak on the lessons she learned while raising her challenging son. A classical homeopath by training, Ms. Bacaner uses homeopathy as a tool along with visualization, self-hypnosis & prayer to help.

Monday, November 16, 2009

### The Food Connection to ADD/ADHD

**Darlene Kvist, M.S., Cert Nutrition Spec, Licensed Nutritionist, Nutritional Weight & Wellness**

Trouble concentrating? Chronically late or having difficulty with time management? Start more projects than you will ever finish? These and many other symptoms are typical of children and adults with ADD/ADHD. Experts agree that nutrition is the key to balancing brain chemistry and reducing symptoms. Learn how to eat to have your brain work for you instead of against you.

- Examine the role blood sugar plays in focus, moods, and staying on task
- Learn which fats are essential for brain health
- Hear how sugar disrupts brain messages
- Develop an awareness of food sensitivities commonly associated with ADD/ADHD
- Identify other food additives that increase symptoms
- Learn the benefits of key brain supplements

Monday, December 7, 2009

### The Brain and ADHD – Understanding the Critical Connection Between Executive Functions and ADHD

**Sarah Lijja, LICSW**

Organizing, prioritizing, sustaining effort, managing emotions, maintaining focus, remembering—does your child with ADHD struggle with any of these? Did you know that all these skills are based in the brain? We call them executive functions & some or all of them are almost always impaired in ADHD. This presentation will help you understand executive functions & how to better parent, teach & accommodate children with executive function deficits.

Monday, January 25, 2010

### The 7 Secrets for Helping Anyone Dealing with ADHD

**Linda Vettrus, Special Ed Teacher  
Janet Oliver, MA, Neurodevelopmental Specialist**

Janet & Linda believe that anyone dealing with ADHD can find success when the right approach is used at the right time. Join them as they help you explore activities to support life & learning. Discover how you can tap into the power of the reflexive & automatic systems of the brain. Gain practical tools to help you harness your innate abilities.

Monday, March 1, 2010

### Support Group (No Fee)

Open Meeting. Bring your questions, concerns, and ideas to share as we discuss your topics. Open to adults with ADHD and/or parents/caregivers of ADHD children.

Monday, March 15, 2010

### Video Night

### Change Your Brain Change Your Life Daniel G. Amen, M.D.

Dr Amen is a child and adult psychiatrist and brain imaging specialist. This DVD is packed with helpful tips including seven principles to change your brain and change your life, how to be happier, more focused, less anxious and less depressed by balancing three important brain systems, & much more.

Monday, April 19, 2010

### Improve Attention and Learning Skills through Brain Training (No Fee)

**Rich Frieder  
Executive Director of LearningRx**

You don't need to simply accept your child's struggles with attention and learning because there is hope. Underlying skills – like attention skills – can be permanently changed and improved enabling students to not just cope in school, but to excel. Learn how cognitive skills are a critical piece of your child's learning and could be the key to unlocking better academic performance and a brighter future.