



LD/ADHD Lecture Series and Parent Support Group

*Something different this month only:
No Lecture Series event, but instead
a two-hour Parent Support Group
(at an adjusted start time)*

Stressed after these first few months of school? Have some questions you'd like to have addressed right now? Hoping to start the new term with more ideas, information, confidence and renewed vigor? We thought we'd focus in on your concerns this month by skipping the Lecture Series offering and lengthening the Parent Support Group. We are even starting a bit later so that you need not be so rushed to get here. We encourage you to consider not only bringing a few key questions but also, in the spirit of the holiday season, perhaps also a treat to share with the group members and our two Parent Support Group facilitators.

- When:** Tuesday, December 11, 2018
6:30-8:30 p.m.
- Where:** Parents Helping Parents
Sobrato Center for Nonprofits – San Jose
1400 Parkmoor Avenue, Suite 100
San Jose, California 95126
- Registration:** Please arrive 10 minutes ahead of time to sign in and fill out registration paperwork
- Cost:** No charge for the Parent Support Group
- Questions:** LD-ADHD@php.com

Next month we will return to our usual 5:45-6:45 p.m. Parent Support Group and 7:00-8:45 p.m. Lecture Series offering. As always you will be able to share your experiences and concerns with others who can understand your fears and frustrations and will appreciate new ideas and resources. Come with one question/issue that is of high concern so that we can address it as a group. No charge for this one-hour support group session, but we do need you to sign in at registration.