



## **LD/ADHD Lecture Series and Parent Support Group**

# *Sensory Diet - Make and Take*

*Speakers: Sarah Steinbach, M.A., Ed/SpEd, ET/A  
Priscilla Campos, M.S., OTR/L*

We end our season and the school year with a very hands-on offering. Have you ever wondered if a sensory diet might help your child or what a sensory diet is? Discover what such a diet is, when it should be used, and how it can help your child calm down and focus. Make some sensory diet items to take home to try out. Identify things around your house that can be used to feed your child's sensory needs.

**When:** Tuesday, May 14, 2019  
7:00-8:45 p.m.

**Where:** Parents Helping Parents  
Sobrato Center for Nonprofits – San Jose  
1400 Parkmoor Avenue, Suite 100  
San Jose, California 95126

**Registration:** Please arrive 15 minutes ahead of time to sign in, fill out paperwork and make payment

**Cost:** \$15 unless a current PHP member

**Questions:** [LD-ADHD@php.com](mailto:LD-ADHD@php.com)

Parents/caregivers of children with LD and/or ADHD challenges are welcome to attend the monthly **Parent Support Group** that meets before the Lecture, starting at **5:45 p.m.** promptly. 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.