



# ADHD Academy

October 2016 - June 2017



**NATIONWIDE  
CHILDREN'S**

*When your child needs a hospital, everything matters.<sup>SM</sup>*

# Programs Description

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## Purpose

The ADHD Academy provides educational sessions for parents of children with ADD and ADHD. The program is not designed to substitute for counseling sessions or information on individual children.

## Registration fee

\$10 per program. Pre-registration is required for all sessions. Walk-ins that can be accommodated will be charged \$15 per person.

## Cancellation Policy

Cancellations must be received two weeks prior to the class. At that time, refunds will be made, minus 30% for administrative costs. No refunds will be given after that time.

## Inclement Weather

We follow the Columbus Public Schools policy for weather closure. If a program is cancelled due to bad weather, it will be re-scheduled for another evening.

## Confirmation

A confirmation email will be sent to all participants who register two weeks before the program. If you do not have an email address, we will land mail your confirmation.

## Child Care

We are sorry, however we are unable to provide child care.

## For more information

Call Nationwide Children's Hospital 614-355-0589

## Class Locations:

### Main Campus

700 Children's Drive  
Columbus, OH 43205

### Westerville *Close To Home*<sup>SM</sup>

433 North Cleveland Avenue  
Westerville, OH 43082

### East Columbus *Close To Home*<sup>SM</sup>

6435 East Broad Street  
Columbus, OH 43213

### Dublin *Close To Home*<sup>SM</sup>

5675 Venture Drive  
Dublin, OH 43017

## Parking

Parking is free at all Nationwide Children's Hospital *Close To Home*<sup>SM</sup> Center locations. Parking is \$2 for the first four hours in the visitor's garage near the Education Center on main campus.

# Looking for a place to start? Attend an ADHD basics class!

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## ADHD ACADEMY: The Basics

October 2016 – June 2017

6 p.m. – 8:30 p.m.

### Overview of ADHD: Understanding the Effects on Children and Effective Treatment Options.

This class is strongly recommended for parents of newly diagnosed children with ADD or ADHD and for those who are feeling lost in understanding their child's problems and treatment options.

This program is offered as follows at these *Close To Home*<sup>SM</sup> locations:

#### 2016

October 5            Westerville on N. Cleveland Ave

November 9        Dublin on Venture Dr.

#### 2017

January 18        East Columbus

February 15       Westerville

March 22          Dublin

April 26           Westerville

June 14            East Columbus



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### **“Excellent class -**

interesting presentation. Instructor was passionate, knowledgeable, and very helpful. The fact that she has professional and personal experience goes a long way. Thank you for this informative & inexpensive support to parents.”

# **ADHD ACADEMY Topic Focused Course Offerings**

*All classes are from 7 p.m. – 9 p.m. (unless otherwise indicated)*

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## **Educational Rights and Your Child**

**November 2, 2016: Main Campus**

**March 9, 2017: Westerville**

This course serves as an introduction of your child's educational rights, guidelines for eligibility and service and the rights of children with ADHD.

## **Behavior Management**

**November 3, 2016: Westerville**

**March 1, 2017: Dublin**

Join us in exploring behavioral treatments and how they help the child with ADHD succeed.

## **Medications**

**November 16, 2016: Westerville**

**March 8, 2017: Dublin**

This session offers an in-depth discussion on medication options for treating ADHD.

## **Self-Esteem**

**November 17, 2016: Dublin**

**April 27, 2017: East Columbus**

This session will help parents foster a positive self-concept in their child(ren).

## **Stress Management**

**December 1, 2016: Dublin**

Raising a child with ADHD can be extremely stressful. This session will focus on ways parents can take care of themselves. The program is specifically designed for challenges of ADHD.

## **ADHD Goes to School**

**February 8, 2017: Dublin**

School can be a significant challenge for the child who has ADHD. Join us in identifying the most common academic performance problems that arise, why they occur, and what we can do to promote success at home and in the classroom.

## **Social Skills**

**April 12, 2017: Westerville**

Children with ADHD often have difficulties with personal interaction. This program serves as a guide to assist parents in helping their child.

## **Alternative Treatments... What's in the News**

**May 4, 2017: Westerville**

While prescription medications and behavioral management are the cornerstone to effective treatment for ADHD, parents often wonder if nonconventional or alternative treatments can also be effective. Join us as we explore those alternative treatments and learn what works, what doesn't and what's unknown.

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## **Classes for kids (parents come with them)**

### **What is This Thing Called ADHD?**

**April 8, 2017: Dublin 9 a.m. - 10 a.m.**

Join the experts from Nationwide Children's Hospital as they help kids understand what ADHD is. This class is only for kids age 8-12 with ADHD. Kids must be accompanied by a parent.

### **Just for Siblings**

**April 22, 2017: Westerville 9 a.m. - 10:30 a.m.**

Do you ever get upset with your brother or sister? Wonder why he seems to get "all the attention"? Join us for this session designed to help school-age siblings better understand what's going on with ADHD. For kids age 8-12. Kids must be accompanied by a parent.

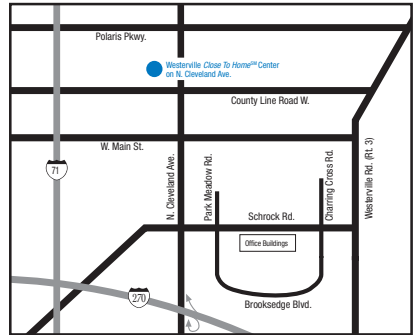
### ***For More Details:***

Please visit our website at [NationwideChildrens.org/Edu](http://NationwideChildrens.org/Edu)  
Click on the blue link for information on Education Programs

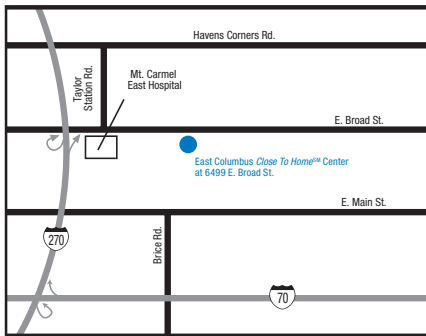
# Directions to Nationwide Children's Hospital Locations



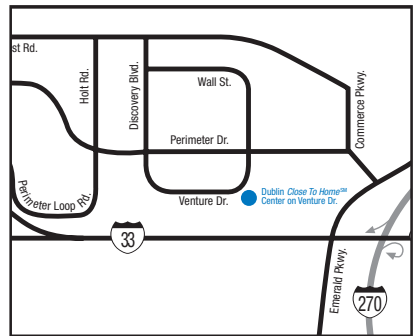
**Nationwide Children's Hospital  
Education Center - Main Campus**  
700 Children's Drive  
Columbus, OH 43205



**Nationwide Children's Hospital  
Westerville Close To Home<sup>SM</sup> Center**  
433 North Cleveland Avenue  
Westerville, OH 43082



**Nationwide Children's Hospital East  
Columbus Close To Home<sup>SM</sup> Center**  
6435 East Broad Street  
Columbus, OH 43213



**Nationwide Children's Hospital  
Dublin Close To Home<sup>SM</sup> Center**  
5675 Venture Dr.  
Dublin, OH 43017

**For specific directions from your home to one of our program locations:**

Go to our website: [NationwideChildrens.org](http://NationwideChildrens.org)

Click on: **Our Services**, then **Patient and Visitor Guide** and select **Maps & Directions**

Choose your location from the map or list: **Main Campus**, **East Columbus**, **Westerville** or **Dublin**. Then enter your starting address and click "Get Directions"

# 2016 - 2017 ADHD Academy

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_ School district \_\_\_\_\_

Daytime phone (     ) \_\_\_\_\_ Fax (     ) \_\_\_\_\_

E-mail \_\_\_\_\_

Age of Child with ADHD \_\_\_\_\_

**Please mark if you need:**

Wheelchair seating

Sign language interpreter

**Educational Rights**

November 2, 2016

March 9, 2017

**Behavior Management**

November 3, 2016

March 1, 2017

**Medications**

November 16, 2016

March 8, 2017

**Self-Esteem**

November 17, 2016

April 27, 2017

**Stress Management**

December 1, 2016

**ADHD Goes To School**

February 8, 2017

**What is ADHD**

April 8, 2017

**Social Skills**

April 12, 2017

**Just for Siblings**

April 22, 2017

**Alternative Treatments**

May 4, 2017

**Overview Classes:**

(please check course)

**2016**

October 5

November 9

**2017**

January 18

February 15

March 22

April 26

June 14

**Other programs of interest for ADHD families. Send me information on:**

Active Parenting

Babysitter Training (kids with ADHD can be great sitters)

**Program Fee:** \$10 per person per class

**Payment:**  Cash  Check  Visa  MasterCard

Credit Card # \_\_\_\_\_

Name on Card \_\_\_\_\_

Exp. Date \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

Please enclose a check made payable to Nationwide Children's Hospital  
and mail with this form to:

Community Education  
Nationwide Children's Hospital  
700 Children's Drive, Columbus, Ohio 43205

or register online at

[www.NationwideChildrens.org/ADHD-academy-2016-17](http://www.NationwideChildrens.org/ADHD-academy-2016-17)



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Nationwide Children's Hospital  
700 Children's Drive  
Columbus, Ohio 43205

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U.S. POSTAGE  
**PAID**  
COLUMBUS, OH  
PERMIT NO. 777

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