



Speaker:

Lindsay Parr, M.A.

Lindsay is a dedicated professional with expertise in supporting diverse learners across clinical, community, and school settings. Her work with PANDA BLSO has been instrumental in developing the impactful Reading Detectives and Reading Detectives Summer Club programs.

Specializing in social-emotional learning, play-based learning, and structured literacy, she possesses a comprehensive skill set to teach and empower children and adolescents.

Free Support group for Cégep and University students with ADHD and/or Learning Disabilities (LDs)

Tailored to address the unique challenges faced by young adults with ADHD, these engaging and interactive workshops are designed to equip participants with essential skills, tools, and strategies.

The goals? Enhance emotional regulation, improve study habits, practice self-care, and foster effective organization.

8 online workshops with zoom

Topics include:

- ✓ Learning strategies, study & organization skills
- ✓ Accountability and motivation for learning and succeeding
- ✓ Creating and establishing healthy, balanced routines
- ✓ Maintaining a school-life balance

Tuesdays from 7:00 to 8:30 p.m.

- September 19, 2023
- October 17, 2023
- November 21, 2023
- December 5, 2023
- January 16, 2024
- February 20, 2024
- March 19, 2024
- April 16, 2024

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To Register

lindsay.parr7@gmail.com

Click Here

Following your registration, you will receive an email directly from Lindsay, including all the information necessary to be able to connect and participate in your first online workshop!