



The ThriveTeen

FREE Workshop Series

11-12 years old

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.

Tailored to address the unique challenges faced by teens 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.

6 online workshops with zoom

with a small group of teens, featuring:

- ✓ Engaging presentations (no note-taking required!)
- ✓ Confidential sharing
- ✓ Lots of laughs!

Mondays from 7:00 to 7:45 p.m.

Fall Group 2023 Canceled

- ~~October 16, 2023~~
- ~~October 23, 2023~~
- ~~October 30, 2023~~
- ~~November 6, 2023~~
- ~~November 13, 2023~~
- ~~November 20, 2023~~

Winter Group 2024

- January 22, 2024
- January 29, 2024
- February 5, 2024
- February 12, 2024
- February 19, 2024
- February 26, 2024

*Follow us
on
Facebook!*



Subscribe!

To our monthly newsletter
by [clicking here](#)



(514) 713-5353



info@pandablso.ca



www.pandablso.ca

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!