



# The ThriveTeen FREE Workshop Series

## 13-15 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!

*Wednesdays from 7:00 to 8:00 p.m.*

### ~~Fall Group 2023~~ Cancelled

- ~~October 18, 2023~~
- ~~October 25, 2023~~
- ~~November 1, 2023~~
- ~~November 8, 2023~~
- ~~November 15, 2023~~
- ~~November 22, 2023~~

### Winter Group 2024

- January 24, 2024
- January 31, 2024
- February 7, 2024
- February 14, 2024
- February 21, 2024
- February 28, 2024

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## To Register

[lindsay.parr7@gmail.com](mailto: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!