



# The ThriveTeen FREE Workshop Series

## For Ages 11-12

### Speaker:

### Lindsay Parr, M.A.

*Lindsay is a Pedagogical Consultant at the Sir Wilfrid Laurier School Board and a Doctoral Student in Education at the University of Ottawa.*

*With over ten years of experience, she specializes in supporting diverse learners across clinical, community, and school settings.*

Designed for teens with ADHD, our workshops offer practical skills in a fun and engaging way.

Learn to regulate emotions, improve study habits, practice self-care, and organize effectively. Join us to gain tools that help you thrive!

## 6 Zoom workshops

**with a small group of teens, featuring:**

- ✓ Engaging presentations (no note-taking required!)
- ✓ A safe space for confidential sharing
- ✓ Plenty of laughter and fun!

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

## Winter Group 2025

- January 20, 2025
- January 27, 2025
- February 3, 2025
- February 10, 2025
- February 17, 2025
- February 24, 2025

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[lparr@pandablsso.ca](mailto:lparr@pandablsso.ca)

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 (514) 713-5353

 [info@pandablsso.ca](mailto:info@pandablsso.ca)

 [www.pandablsso.ca](http://www.pandablsso.ca)

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

*In the event that the minimum number of participants is not reached, we will have to cancel these workshops and it will be postponed to the next session.*