

ADHD Seminar Series: 2025 – 2026

The Attention Deficit Hyperactivity Disorder (ADHD) seminars provide an opportunity for parents and caregivers of a child who may be struggling with ADHD to learn more about ADHD, the symptoms, the research, and its impact on children at home, school, and in the community.

WHO > Caregivers of a child/youth (4 – 12 years) with ADHD

WHERE > Online – all seminars will be held on ZOOM

WHEN > September 2025 – May 2026

One Thursday every month, 5:00 PM to 6:30 PM

- The ADHD Seminars are a **FREE** program for caregivers.
- An ADHD diagnosis for your child **is not required** for you to attend.
- Participants can choose to attend any or all sessions of interest.

DATES AND TOPICS

Sep 11, 2025 > Introduction to ADHD

Oct 2, 2025 > Plan Supports for the School Year

Nov 6, 2025 > The ADHD Brain

Dec 4, 2025 > Supporting Behaviours at Home

Jan 8, 2026 > Supporting Behaviours in the Community

Feb 5, 2026 > Interaction Styles and Communication

Mar 5, 2026 > The Impact of ADHD in Adolescence and Adulthood

Apr 9, 2026 > Guest Speaker

May 7, 2026 > Making the Most Out of Your Summer



< **Scan the QR code to join our participant list!**

All referrals are welcome, including self-referrals.

For more information or inquiry about ADHD Seminars, visit our website at StridesToronto.ca or email adhdseminar@stridestoronto.ca.