

PARENTING YOUNG CHILDREN WITH ADHD: Diagnosis, Skills, and Strategies



This is a 4 session group for parents of young children with a diagnosis of ADHD. Parents of children in preschool through 1st grade, ages 3-7, will participate in:

- **Psychoeducation about ADHD and its symptoms**
- **Psychoeducation about effective treatment interventions and appropriate services for children and families with ADHD**
- **Learning and practicing evidence-based skills and strategies to improve cognitive, emotional, and behavioral skills in children with ADHD**
- **Keys to success with ADHD management**

Where: Child and Family Psychological Services, 89 Access Rd., Norwood, MA

How: This group may be covered by your health insurance. Please contact Dr. Hermes at (781) 551-0999 x252 to schedule an appointment to determine if this group is right for you



Jennifer Hermes, Psy.D. is a child clinical psychologist who received her doctoral degree in Clinical Psychology from Nova Southeastern University. Dr. Hermes completed her pre-doctoral internship in Clinical Psychology at Community Healthlink's Youth and Family Services in Worcester, MA and her post-doctoral fellowship at the Neurodevelopmental Assessment Center at William James College, in Newton, MA. At CFPS, Dr. Hermes conducts neurodevelopmental and neuropsychological evaluations with young children through the "Pint" Clinic. She also engages in consultation and treatment with children families, birth through adolescents.