



The ThriveTeen

FREE Workshop Series

For Ages 13-15

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 online 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!

Tuesdays from 7:00 to 8:00 p.m.

Fall Group 2024

- October 15, 2024
- October 22, 2024
- October 29, 2024
- November 5, 2024
- November 12, 2024
- November 19, 2024

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(514) 713-5353



info@pandablso.ca



www.pandablso.ca

To register,

email: lparr@pandablso.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.