



# ADHD General Presentation

Wednesday, September 11, 2019  
7:00 – 9:00pm

## ***“Side-by-Side Learning -***

***Take the tears and frustration out of homework!”***

**Presented by: Brenda Lana, Pathfinders Learning**

Homework...most kids—and parents dread it or even hate it. Homework can become a major battleground every evening in your home and take hours to complete. Come experience and learn a new way to approach homework with your child through a collaborative method called *side-by-side learning*. Learn strategies and techniques to:

- decrease stress
- increase independence and confidence
- lengthen attention and time-on-tasks
- keep your child engaged
- train executive function skills
- build self-esteem

**It’s an interactive, engaging, effective, and FUN way to learn and do homework!**

Brenda Lana’s passion to help struggling students become successful learners led to the establishment of Pathfinders Learning in 2003. She began her career in education in 1994 at a small private school and later taught third, fourth, and fifth grade in the SUSD in SoCal. She worked at the OCDE as a Reading Resource Teacher in Special Education where she trained teachers in reading instruction and facilitated classroom instruction. She is certified as a Dyslexia Remediation Specialist. Students at Pathfinders bring new challenges of all types every day. Pathfinders provides cognitive training to remediate reading, writing, spelling, and math, attention, and executive function. We also use a variety of strategies and tools to develop spatial orientation, balance, and body awareness and control. We work with all ages—from four through adult.

### **LOCATION:**

**Heart 4 Kids**

**Coaching, Training & Therapy Center**

**145 W. Main Street (upstairs)**

**Tustin, CA 92780**

**Meetings are FREE and open to the public.  
You do not have to be a CHADD member to attend.**

For map & directions, visit: [www.greaterOCchadd.org](http://www.greaterOCchadd.org)

For more information email: [ADHDmeeting@gmail.com](mailto:ADHDmeeting@gmail.com)

*CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization for individuals with ADHD, their families and professionals. Over 150 local chapters across the U.S. offer support for individuals, parents, teachers, and professionals. FREE monthly support group meetings provide a forum for continuing education for parents and professionals interested in learning more about ADHD in children and adults. For more information about, visit [chadd.org](http://chadd.org)*

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