



# South OC ADHD Parent Presentation

**Saturday, March 21, 2020**

**10:00am: Check-in & Announcements**

**10:10am: Educational Presentation**

**11:00am-12:00pm: Open Discussion, Q&A**

**\*\*Notice: This meeting will be held remotely using Zoom\*\***

## **“3 C’s to Being an Empowered Parent”**

**Presented by: Mercedes Samudio, LCSW**

**Presentation Info:** Raising children is one of the most important jobs that anyone of us will ever do. However, for this important job, we don't get a rulebook or an instruction manual. How can parents be effective and empowered while trying to raise healthy children, while still being human themselves? In this workshop, learn how to be an empowered parent by using the 3 C's (Connection, Confidence, and Conflict). This is an interactive workshop where participants will have the opportunity to ask questions, share ideas, and gain a better understanding of how to be empowered while raising healthy, whole children.

**About the presenter:** Mercedes Samudio, LCSW is a parent coach, speaker, bestselling author, and founder of the Diversity in Parenting Conference who helps parents and children communicate with each other, manage emotional trauma, navigate social media and technology together, and develop healthy parent-child relationships. Mercedes started the #EndParentShaming movement as well as coined the term Shame-Proof Parenting – using both to bring awareness to ending parent shame. You can read more about her parenting expertise at [www.shameproofparenting.com](http://www.shameproofparenting.com).

**LOCATION: Meeting will be held remotely using Zoom ([www.zoom.us](http://www.zoom.us))**

**Join by computer, tablet, or smartphone: <https://zoom.us/j/335412817>**

**Join by phone: 1-669-900-6833 or 1-929-436-2866 (Meeting ID: 335 412 817)**

**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)*

CHADD does NOT endorse any one treatment, medication, provider, publication, service or product.