



# South OC CHADD ADHD Parent Meeting

**Saturday, April 18, 2020**

**10:00am: Introductions**

**10:15am: Educational Presentation**

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

## **“When Emotions Rule ADHD”**

**Presented by: Debra Ann Afarian**

**Think:Kids CPS Certified & Parent Coach**

ADHD combined with behavioral difficulties are the leading causes of teacher stress, parent burnout and clinical misunderstandings. Few doctors factor in emotional challenges when making an ADHD diagnosis. In fact, current diagnostic criteria for ADHD includes no mention of “problems with emotions”. Yet, recent research reveals that those with ADHD have significantly more difficulty with low-frustration tolerance, impatience, hot temper, and excitability than a control group. This population is diagnosed with co-occurring ODD, DMDD, Autism, etc. Adult/Child power struggles leave both parties frustrated with adults wondering how it could have gone differently.

Come learn a new way to understand what to do about parenting when emotions rule ADHD, and a new approach in what to do when expectations are not met.

Debra Ann Afarian is the Co-Coordinator of the Greater OC CHADD Chapter. She facilitates the Tustin Parent Meeting. She was introduced to Collaborative Problem Solving<sup>®</sup> (CPS) in 2003 to help her own family. She continued her training in Boston and Maine in 2008 and received her Think:Kids CPS Certification in 2011. She opened her own non-profit “Helping the Behaviorally Challenging Child” (HBCC) in 2013 based around non-punitive approaches to parenting, teaching and treating non-compliant, complex children, adolescents and young adults. Debra Ann received the “CPS Trail Blazer” Award in 2011 and the CHADD Volunteer of the Year Award in 2017.

### **LOCATION:**

Meeting held Via Zoom ([www.zoom.us](http://www.zoom.us))

Join by computer, tablet, or smartphone (audio & video): <https://zoom.us/j/423882010>

Join by phone (audio only): 1-669-900-6833 or 1-346-248-7799 (Meeting ID:423 882 010)

**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.