


UNDERSTANDING ADHD AND EXECUTIVE FUNCTIONING: PRACTICAL STRATEGIES FOR CHILDREN, TEENS, AND ADULTS - PART 2

FREE: 1 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals

Attention-Deficit/Hyperactivity Disorder (ADHD) affects individuals across all stages of life, influencing attention, organization, emotional regulation, and daily functioning. Central to ADHD are challenges with executive functioning—the skills that allow us to plan, prioritize, initiate, and sustain effort toward goals. This session provides a comprehensive look at ADHD and executive functioning in children, adolescents, and adults, offering insight into how symptoms may appear differently across ages and environments. Participants will learn practical, evidence-based tools to help individuals strengthen executive skills, improve focus and organization, and build confidence through a strengths-based, neurodiverse-informed lens.

FRIDAY



 **April 17, 2026**

 **9:00 am to 10:00 am**

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



Training Coord: Kris Doherty
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Jacqueline Rhew,
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