

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

MASTERING THE CLASS

LEARNING STRATEGIES FOR ADHD

In this 2 hour workshop led by Dr. Rylee Oram, high school students with ADHD will be exposed to practical strategies for attaining academic success. Participants will learn how the ADHD brain works, and how to capitalize on those differences to achieve their potential. Topics will include tools for task initiation, time management, study skills and test taking! Handouts will be provided and Dr. Oram is available for individual follow up sessions.

WHO

GRADE 10-12 STUDENTS
WITH ADHD

WHEN

SUNDAY, MARCH 24TH, 2024
10AM-12PM

WHERE

111 SHERWOOD DRIVE,
OTTAWA

COST

\$150 BY E-TRANSFER OR
CREDIT CARD

SIGN UP

SPOTS ARE LIMITED
ADMIN@DRJULIARYAN.CA



Dr. Rylee Oram, Ph.D. is an Educational and Learning Specialist working under the supervision of Dr. Julia Ryan (C. Psych)