

# Parenting: From Head to Toe

A workshop for parents sponsored by:

**The Scottish Rite Charitable Foundation Learning Centre  
for Children**

**Erica Baker Psychological Services Ltd. &  
Dr. Kiran Pure and Associates**



erica baker  
PSYCHOLOGICAL SERVICES LIMITED

**Saturday, November 28<sup>th</sup>, 2015**

9:00 AM – 4:00 PM

Port Wallis United Church - 263 Waverley Road, Dartmouth

**\$50/person**

\*Includes lunch and coffee



**Dr. Kiran Pure & Associates**

9:15 - 12:15

***"Take it from the Top"***

*Understanding ADHD and Supporting Executive Functioning*

---

**Diana Cassie** and **Bonnie Waugh**, Psychologists at Erica Baker Psychological Services Ltd., are pleased to present on executive functions. Specifically, we will explore what executive functions are, how they develop, how we as parents and educators can foster their development, and how they affect our children's behaviour, learning and interactions.

**Marilyn Roberts**, M.Sc., Psychologist of Dr. Kiran Pure & Associates Ltd. will provide a presentation on Attention Deficit Hyperactivity Disorder (ADHD) - from a neurodevelopmental and biological perspective. The goal will be to demystify ADHD as a behavioural disorder and present the core signs of ADHD in children and adolescents, and evidence-based treatment approaches from the CADDRA (The Canadian ADHD Resource Alliance).

1:00 - 4:00

***"The Heart of the Matter"***

*Emotional Health for the Whole Family*

---

**Jennifer Denney-Hazel, Dr. Normand Carrey, and Dr. Kiran Pure** of Dr. Kiran Pure & Associates are pleased to have conversations on mental health in children and youth, and to provide guidance on how to manage these issues in families. We will present on a few topics related to mental health including anxiety, mood disorders, and overall mental health and wellness issues. Additionally, we will discuss parenting children who present with complex and challenging behaviours.

*Our clinicians will provide a panel discussion on these issues and will answer questions from the audience.  
We encourage you to bring your questions for a Q & A session.*