

# ADHD Parent Support Network of Tampa Bay

**“Challenging. Strong-Willed. ADHD. Intense. Difficult.”**

## 2015-2016 Schedule

- September 22, 2015** **“Working with Your Child’s School”**  
*Erica DuPont, LCSW,  
Owner, ProTherapy Plus*
- October 20, 2015** **“Understanding ADHD Medications”**  
*Dr. Walt Karniski,  
University of South Florida*
- November 17, 2015** **“ADHD and Anxiety”**  
*Dr. Wendy Rice,  
Rice Psychology Group*
- January 26, 2016** **Mindset: Fixed or Growth?**  
*Lois Delaney,  
Tampa Day School*
- February 16, 2016** **“Understanding ADHD Medications”**  
*Dr. Walt Karniski,  
University of South Florida*
- April 19, 2016** **“The Social and Emotional Development  
of Students with ADHD”**  
*Dr. Norrine Russell,  
Russell Coaching & Consulting*

NO MEETINGS IN DECEMBER, MARCH, JUNE OR JULY

**7:00 PM - 8:30 PM OPEN TO ALL FREE**

Tampa Day School, 12606 Henderson Road, Tampa, FL 33625

*No child care available; please do not bring children with you.*

For more information, please contact Dr. Norrine Russell:

813.508.2367 (call or text) or [norrine@norrinerussell.com](mailto:norrine@norrinerussell.com)

Information about the group can be found on Facebook and at:

<http://www.norrinerussell.com/services-tampa-adhd-parent-support-group>



FOUNDERS



*Pro Therapy Plus  
Carrallwood Grove*



**Help. Understanding. Knowledge. Encouragement. Hope.**