



ADHD Academy

September 2025 - June 2026



**NATIONWIDE
CHILDREN'S®**

When your child needs a hospital, everything matters.



Program Description

Purpose

The ADHD Academy is designed as a first step in learning about ADHD and includes strategies that may help parents and caregivers interact with the ADHD child. The program is designed to enlighten participants with general information about each topic. It is not intended as a substitute for professional treatment, counseling sessions or to provide specific guidance on individual children.

All classes are offered virtually from 6-8 p.m. (unless otherwise indicated)

Registration fee

\$10 per participant per class, or \$15 for 2 adults per class attending together. Registration is required for all sessions.

Cancellation Policy

Cancellations must be received two weeks prior to the class. At that time, refunds will be made, minus 30% for administrative costs. No refunds will be given after that time.

Confirmation

A confirmation email will be sent upon paid registration for each participant.

For more information

Email CommunityEducation@NationwideChildrens.org, call us at (614) 355-0662 or visit NationwideChildrens.org/Edu.



“Excellent class —

interesting presentation. Instructor was passionate, knowledgeable, and very helpful. The fact that she has professional and personal experience goes a long way. Thank you for this informative and inexpensive support to parents.”

Looking for a place to start? Attend an ADHD Basics class!

ADHD ACADEMY: The Basics

September 2025 - June 2026, from 6 - 8:30 p.m.

Overview of ADHD: Understanding the Effects on Children and Effective Treatment Options.

This class is strongly recommended for all parents, teachers, family members and caregivers of children with ADHD. This class provides the foundation for the other sessions in the ADHD Academy and is designed to help those who are feeling lost or overwhelmed in understanding their child's behavior.

This program is offered virtually on the following dates:

2025

September 30
November 5

2026

January 8
February 11

April 9
June 2

ADHD ACADEMY Topic-Focused Course Offerings

Behavior Management

October 8, 2025

February 19, 2026

Why are behavioral strategies helpful? What are some effective behavioral strategies for ADHD? What are the limitations of behavioral strategies for ADHD? Join us as we explore these and other questions, as well as behavioral treatments and how they may help the child with ADHD be successful.

Stress Management

October 16, 2025

March 11, 2026

Research has shown that parents of children with ADHD suffer high levels of stress, depression, anxiety, blame, and marital discord. These high levels, left untreated, can lead to health issues and negatively affect the quality of life for everyone. This session focuses on how parents can take good care of themselves.

Self-Esteem

October 22, 2025

April 23, 2026

Are you wondering how to help your child with ADHD have better self-esteem? In this class, we will expand and improve your understanding of how self-esteem develops, how ADHD may impact self-esteem, as well as learn ways to improve and support the self-esteem of the child with ADHD.

ADHD ACADEMY Topic-Focused Course Offerings (Cont.)

ADHD Goes to School

October 28, 2025

March 3, 2026

Why does ADHD cause so many problems in school? What are the most common academic problems that arise with ADHD? How does ADHD cause these academic problems? What can we do to help kids with these problems? School can be a significant challenge for the child who has ADHD. Join us in identifying the most common academic performance problems that arise, why they occur and what we can do to promote success at home and in the classroom.

Medications

November 12, 2025

February 26, 2026

Parents often have questions about medications for ADHD and may be apprehensive about using medications for treating ADHD in their child. This session offers an in-depth discussion on the physiology of ADHD, the variety of medication options available for treating ADHD and how they function.

Social Skills

November 18, 2025

April 14, 2026

Children with ADHD often have difficulties with personal interactions. In this course, we will discuss ADHD behaviors and how they may impact social skill development. We will also help parents identify areas for improvement in their own child and examine practical strategies to help parents encourage and reinforce positive social skill development.

Alternative Treatments... What's in the News

May 21, 2026

While prescription medications and behavioral management are the cornerstone to effective treatment for ADHD, parents often wonder if nonconventional or alternative treatments can also be effective. Join us as we explore those alternative treatments and learn what works, what doesn't and what's unknown.

Classes for kids (*parents come with them*)

What is This Thing Called ADHD?

October 11, 2025, from 9-10 a.m. — Westerville *Close to Home*SM

May 9, 2026, from 9-10 a.m. — Westerville *Close to Home*SM

Join us as we help your child recognize their potential by learning what ADHD means and what it looks like for them. Our behavioral health staff will help your child understand what ADHD is and how/when it might affect them the most, identify who their “team” is and how they can work together with their team to facilitate a more positive result. ***This class is for children ages 8-12, with ADHD only. All children must be accompanied by an adult.***

Just for Siblings

October 18, 2025, from 9-10:30 a.m. — Westerville *Close to Home*SM

May 2, 2026, from 9-10:30 a.m. — Westerville *Close to Home*SM

Do you ever get upset with your brother or sister? Do you wonder why they get “all the attention?” This session is designed to help school-age siblings better understand what the deal is with ADHD, why their siblings act the way they do, and what they can do to help the situation for themselves and their family. ***This class is for children ages 8-12, who have a sibling with ADHD only. The child with ADHD should not attend this class. All children must be accompanied by an adult.***



ONLINE REGISTRATION INSTRUCTIONS

You can register online OR by mail.

Online Registration Instructions

Creating an account is a one-time process that allows us to track attendance, prepare materials, and ensure complete registration. Once your account is created, registering for future classes will be quick and easy — no need to repeat the setup.

Registration Fees:

- **Individual:** \$10.00 per class
- **Two adults:** \$15.00 per class (please include both names)

Please register each participant under their own name and email address. This helps us maintain accurate attendance records and supports future programming.

Steps to Create an Account for Registration & Confirmation

Step 1: Click the provided **ADHD Academy registration link**

This will take you to the course information overview page.

Step 2: Click the “**Register**” link at the top of the page.

Step 3: Select “**Create an Account.**”

Step 4: Complete only the required fields (marked with a red asterisk *):

- *Name
- *Address
- *Phone number
- *Email
- *Degree & Profession - If you are not a healthcare professional, enter “**NONE**” or “**OTHER**”

Step 5: Submit your account information to complete the account setup.

Step 6: Return to the registration page and complete your class registration.

Step 7: Check your email for an email **confirmation message**

Scan the QR code to register:



2025-2026 ADHD Academy

MAIL IN REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

County _____ School district _____

Daytime phone () _____ Fax () _____

Email Required _____

Age of Child with ADHD _____

ADHD Basics

(please check course)

2025

☐ September 30

☐ November 5

2026

☐ January 8

☐ February 11

☐ April 9

☐ June 2

Topic-Focused Courses

Behavior Management

☐ October 8, 2025

☐ February 19, 2026

Stress Management

☐ October 16, 2025

☐ March 11, 2026

Self-Esteem

☐ October 22, 2025

☐ April 23, 2026

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Medications

☐ November 12, 2025

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Social Skills

☐ November 18, 2025

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Alternative Treatments

...What's in the News

☐ May 21, 2026

Just for Kids

What's This Thing Called ADHD?

☐ October 11, 2025

☐ May 9, 2026

Just for Siblings

☐ October 18, 2025

☐ May 2, 2026

Other programs of interest for ADHD families. Send me information on:

☐ Active Parenting ☐ Babysitter Training (*kids with ADHD can be great sitters*)

Program Fee: \$10 per participant per class, or \$15 for 2 adults per class attending together.

Payment: ☐ Cash ☐ Check ☐ Visa ☐ MasterCard ☐ AmEx ☐ Discover

Credit Card # _____

Name on Card _____

Billing Address _____

Exp. Date _____ Amount enclosed: \$ _____

Checks should be made payable to:

Nationwide Children's Hospital and mail with this form to:

Community Education, Nationwide Children's Hospital

700 Children's Drive, Columbus, Ohio 43205

or register online at ***NationwideChildrens.org/Edu***

Please allow two weeks for receipt and processing of mailed registrations.





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Nationwide Children's Hospital
Community Education
700 Children's Drive
Columbus, Ohio 43205