



ADHD Academy

September 2026 - June 2027



NATIONWIDE
CHILDREN'S®



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 2026 - June 2027, 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:

2026	2027	
September 29	January 7	April 8
November 4	February 10	June 1

ADHD ACADEMY Topic-Focused Course Offerings

Behavior Management

October 7, 2026

April 15, 2027

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 15, 2026

March 10, 2027

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 21, 2026

February 18, 2027

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 27, 2026

March 2, 2027

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 11, 2026

February 25, 2027

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 17, 2026

April 20, 2027

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

June 9, 2027

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.

Family Classes for Children and Parents

What is This Thing Called ADHD?

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

May 8, 2027, 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 17, 2026, from 9-10:30 a.m. — Westerville *Close to Home*SM

May 1, 2027, from 9-10:30 a.m. — Westerville *Close to Home*SM

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

Three Easy Ways to Register!

1. Scan & Register (Recommended)

Scan the QR code below for quick and easy online registration.



2. Register Online

Visit: www.NationwideChildrens.org/edu

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**

3. Mail-in Form (next page)

If you're unable to access the QR code or email, you may complete this form on the next page and mail it to us.

2026-2027 ADHD Academy

Mail-in Form

Name _____

Address _____

City _____ State _____ Zip _____

Daytime phone () _____ Mobile () _____

Email Required _____

Name and Age of Child with ADHD _____

ADHD Basics

(please check course)

2026

- ☐ September 29
- ☐ November 4

2027

- ☐ January 7
- ☐ February 10
- ☐ April 8
- ☐ June 1

Topic-Focused Courses

Behavior Management

- ☐ October 7, 2026
- ☐ April 15, 2027

Stress Management

- ☐ October 15, 2026
- ☐ March 10, 2027

Self-Esteem

- ☐ October 21, 2026
- ☐ February 18, 2027

ADHD Goes to School

- ☐ October 27, 2026
- ☐ March 2, 2027

Medications

- ☐ November 11, 2026
- ☐ February 25, 2027

Social Skills

- ☐ November 17, 2026
- ☐ April 20, 2027

Alternative Treatments

...What's in the News

- ☐ June 9, 2027

Just for Kids

What's This Thing Called ADHD?

- ☐ October 10, 2026
- ☐ May 8, 2027

Just for Siblings

- ☐ October 17, 2026
- ☐ May 1, 2027

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.







NATIONWIDE CHILDREN'S[®]

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

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