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ADHD Parent Coaching Classes with Julie Abrams, Occupational Therapist and Parent Coach

Parenting is tough — and when you're raising a neurodivergent child, it can feel even more overwhelming. The **Calm and Connected** class is designed to help you better understand **ADHD and executive functioning (EF)** challenges, while giving you practical tools to reduce everyday stress and build stronger connections with your child.

 **Winter 2025 Series**
Fridays, 7 Weeks
Jan 16-Feb 27
12-1:30pm
 **Live on Zoom**
 **\$500 per family**

Testimonial

"Julie is your experienced guide who will introduce you to an abundance of tools and strategies and a deep level of understanding about how to support our children with ADHD. She demonstrates a genuine desire to share her knowledge and extensive insight into how to help each child with ADHD and their families thrive and flourish. We now have a huge kit of valuable and trusted resources to continue to learn from and utilize in our journey."
-Ali

Julie Abrams is a licensed occupational therapist with over 20 years of experience helping children and families thrive. She now brings her expertise to parent coaching.



What You'll Learn:

Each session blends education, empathy, and practical strategies:

- **The Emotional Landscape of ADHD & EF Challenges**
- **Staying Calm & Connected During Chaos**
- **Improving Communication**
- **Fostering Collaboration with Your Child**
- **Creating Clarity & Consistency at Home**
- **Implementing Effective Consequences**
- **Helping Kids Make Better Choices**

Course content developed by Cindy Goldrich, Ed.M., ADHD-CCSP (PTS Coaching, LLC)



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