



Forest Therapy with Ben

Parent Session #1

Understanding ADHD

September 23rd from 6-7pm at
River's Edge 5030 Sudley Rd, West River, MD 20778

Theme: Building a Foundation

What ADHD Is and Isn't

Explore the neurobiology of ADHD, common myths, and the spectrum of how it presents in boys vs. girls, younger vs. older children.

2. Executive Function Demystified

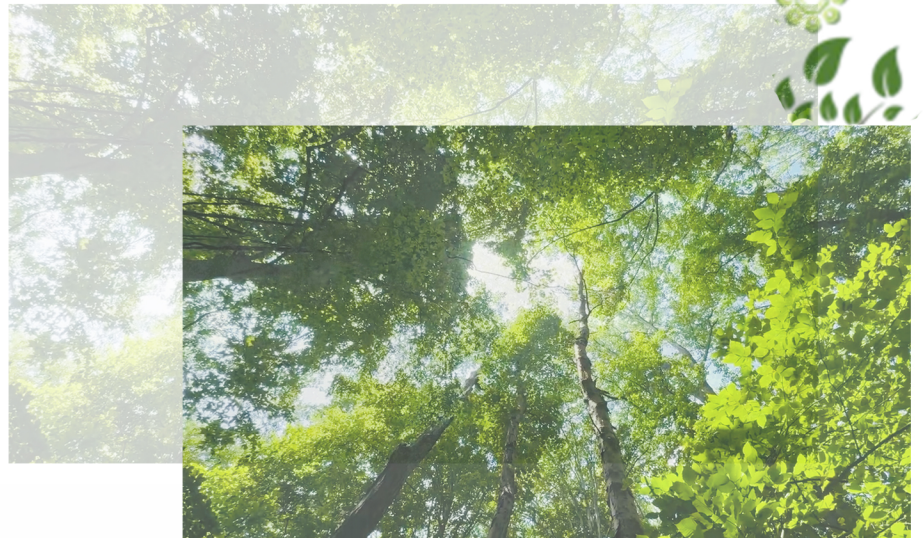
Learn what executive function means, how it impacts daily life, and why it's central to ADHD.

3. The Emotional Rollercoaster: Rejection Sensitivity, Anxiety & Frustration

Discuss common co-occurring emotional patterns and how to support children through emotional dysregulation.

4. Your Role as a Parent: Advocate, Coach, Anchor

Clarify what support roles parents play, and how to balance structure with empathy.



Email Erin at erin@riversedgeforestplay.com