

**Support Group – For Families of Children with  
ADHD, Developmental Disabilities or Autism Spectrum Disorders**

When a family suspects or receives a diagnosis of ADHD, a developmental disability or Autism for their child, it can be a confusing and stressful time. There are many questions, concerns, and emotional highs and lows that can surface.

We understand!

Dr. Caroline Zanni is a child psychologist who specializes in ADHD, developmental disabilities, and Autism Spectrum Disorders. She has been working with families for many years.

Stephanie Mitelman, MA is a parent of a young child with autism. She has been navigating the system and treatment options for the past three years.

Together- they are offering families the support that they need; The group will be once a week, for 1.5, for 6 weeks at a time.

It will cover:

- Understanding ADHD and ASD and what it means for the family
- Navigating government papers, services, and taxes
- Best practices for treatments, and options available in the city
- Family dynamics and the impact on couples
- Difficult behaviours and solutions

Group lead by: Caroline Zanni, Psychologist  
Stephanie Mitelman, MA, parent

All groups will be held in NDG, in English (translation can be provided)

Next Group starting **January 7** (for 6 weeks)

**Time:** Monday evenings, from 7:00-8:30

**Location:** 6894 Somerled Avenue, NDG

**A reservation of your spot is required.**

**Cost:** \$75 per person/ per session

***Please call Stephanie Mitelman at 514-983-9600 or  
[stephiem@videotron.ca](mailto:stephiem@videotron.ca)***

***Or***

***Dr. Caroline Zanni at 514-952-8631 or  
[dr.z@videotron.ca](mailto:dr.z@videotron.ca)***

