



# HOT TOPICS

Join us in person  
for 2025-26

## ADHD in Teens

### Understanding & Managing ADHD

Helping parents and caregivers of teens connect!

Learn strategies for helping your teen succeed through the challenges of ADHD, the most common childhood neurological disorder which often causes serious problems at school and at home. ADHD is known to cause problems with focus, planning, and other executive functioning skills. ADHD is often described as an iceberg, where other problems like depression, anxiety, and defiance are hiding under the surface. The effects of this disorder can profoundly influence life at home for all family members, making the already stressful teen years even more challenging.

Join us for an evening to learn more about ADHD, including strategies for how to help your teen and family better manage ADHD symptoms.

**Wednesday, Nov. 12, 2025 ■ 6:30–8 p.m.**

#### PRESENTERS:

**Rebekah Pedersen**, LPC, Behavioral Health Therapist,  
Alcona Health Center, Petoskey High School

*and*

**Christine Carpenter**, LMSW Health Department  
of Northwest Michigan

#### LOCATION:

**Petoskey Middle School Media Center**

Open to parents, caregivers & community.

On-site child care provided from 6:30–8 p.m. If transportation is a barrier, contact Christine at (231) 347-5362. Please RSVP also if child care is needed.

Presented by Petoskey Public Schools, Emmet County Probate and Family Court, Alcona Health Center, and the Health Department of Northwest Michigan. Questions? Call (231) 347-5362.