

Understanding ADHD: A Learning Session for Caregivers

Date: October 10th, 2023

Time: 6:00pm - 7:00pm

Location: Glen Hills Middle School

This caregiver session will provide information about symptoms, diagnosis, treatment, and strategies to support your child.

Provided by Matt Grochowski from Rogers Behavioral Health

Matt Grochowski is a Lead Therapist at the Rogers Behavioral Health Clinic in Brown Deer. A Licensed Professional Counselor, and Clinical Supervisor in Training, Matt has been with Rogers Behavioral Health for a little more than 10 years. His professional interests include self-compassion, mindful awareness of emotions, and helping both patients and other mental health providers achieve the best possible care.

Matt's career and educational experiences have given him an intense appreciation both for the outdoors and for learning to understand others. He loves visiting state parks, going to local festivals, and spending time going out with his family.

[Please RSVP Here By October 8th, 2023](#)

Child care will not be provided for this event