

# Strategies and Solutions for Social Anxiety in Tweens and Teens with ADHD with Dr. Sharon Saline



NEEDHAM COMMUNITY COUNCIL

For Parents, Caregivers & Educators of Kids in Grades 6-12



*Dr. Sharon Saline is an award-winning author, international speaker, and consultant*

In partnership with & funded by:



**For more info:**

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**What:** In-Person Presentation

**When:** Wed, October 8, 2025

**Time:** 6:30-8:00pm

**Where:** *Broadmeadow Elementary School*



Sign up now: Scan the QR code or go to  
<https://bit.ly/MindfulOct8>

*This Event Is Free to All*

## Does your tween or teen struggle with:

Making and keeping friends?

Speaking in front of others?

Joining group activities?

Join Dr. Sharon Saline, **renowned psychologist and ADHD expert**, for a workshop packed with practical tools and strategies. **Learn how to:**



Intervene effectively to support kids with social anxiety



Help them feel understood and less lonely



Build confidence and reduce self-criticism



Encourage fuller participation in school & social life

<https://needhamcouncil.org/mindful/>