

BRAINFUTURES



Where Maryland Families Can Turn For Help

The Parents' Place of Maryland

provides resources, support, and information to parents of children with disabilities and special health care or behavioral health needs.

University of Maryland Modified-PEERS® & EFFECT Programs

helps teens improve their executive functioning skills.

Orchid Center for ADHD and Executive Functioning provides support to children with ADHD and Executive function coaching.

Children's Hospital Center for Autism Spectrum Disorders hosts executive function and social skills groups for children and teens.

National Alliance on Mental Illness (NAMI) Metropolitan Baltimore provides online peer-led support group for adults with a loved one who has experienced symptoms of a mental health condition.

Reach out to the school counselor with any concerns about your child's executive functioning, emotional regulation, or mental health and well-being.

Websites



Resource guides to explain and support positive child development.



Expert insights into cognitive and emotional skill development.



Practical tools to help parents and kids navigate the digital world.

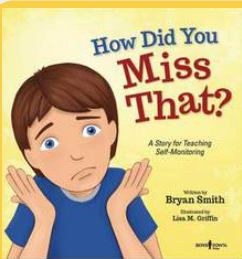
Books & Podcasts



The Child Psych Podcast from The Institute of Child Psychology



Thriving Kids podcast from the Child Mind Institute



Executive FUNction series by Bryan Smith



Skills for Kids series by Dr. Melissa Munro Boyd



Your Fantastic Elastic Brain by JoAnn Deak PhD

Find these resources and learn about the BrainFutures' Conversation Series, *Step Inside Your Child's Mind*.

