

NEUROZESTY PARENTING

Wednesday, October 28, 2026 at 7 PM via Zoom

⌘ ✨ **October is ADHD Awareness Month** ✨ ⌘

**Join us for a parenting-focused workshop with ADHD
Life Coach, Maya Yatom of NeuroZesty Coaching.**

In this introductory NeuroZesty Parenting session, we will explore how a neuro-affirming lens helps connect the dots between knowledge, understanding, and meaningful action. Together, we will look at how small intentional shifts in communication and nervous system awareness naturally support healthy development. Whether your child is baffling, remarkable, unusual, outrageous, or even “normal,” this session is for you.



About Our Presenter: Maya Yatom of NeuroZesty Coaching is an ADHD Life Coach who partners with clients to build practical, neuro-affirming strategies for all of life's moments. Drawing on lived experience, she bridges research-backed insights with real-world tools. She holds a graduate degree in Education Development from Columbia University, ICF Coach Training through the iACT Center, and brings years of experience across various professional settings including classroom instruction, professional training, and leadership in both educational and corporate settings. She meets clients virtually and in her office, right in town at Howe Commons.

REGISTRATION: PenningtonLibrary.org/NeurozestyParenting