



# Utah County CHADD AD/HD Support Group

For parents and educators of children with AD/HD, and/or adults with AD/HD

## Upcoming Speakers & Topics



**THURS. JAN. 11, 2018**

### **AD/HD, Executive Functioning, & Processing Information Challenges**

Presented by: **Joshua Kirk Thorn, LCSW**

Joshua specializes in counseling adolescents and their parents. His main areas of expertise are processing information challenges (as defined by: rigid thinking, stress sensitive, disorganized, "not getting it", struggles with change/transitions, and socially struggling), anxiety, depression, attention (ADHD), attachment/adoption and problematic pornography viewing. Joshua seeks to help young men build resilience in their lives to more effectively face their challenges. He takes an active approach when needed with experiential therapy (going for a walk, jog, hike or bike ride--depending on the need and value of such activity to help the client progress and grow).



**THURS. FEB. 8, 2018**

### **Impulsivity vs Willpower: How to increase your "I will" and "I won't" power**

Presented by: **Heather Schauers, CSW**

Heather Schauers earned her masters degree in Social Work from Brigham Young University in 2011. She has been working in Lindon Utah at Successful Therapy, an outpatient psychotherapy practice for 6 and a half years. Heather earned her LCSW status at the end of 2017. She works with children, adolescents, and adults struggling with symptoms of ADHD and sensory processing disorder, anxiety, depression, and addiction. Heather also enjoys teaching seminars to the community, students, and educators on trauma informed addiction, parenting skills, and anxiety.

#### MEETING TIME & LOCATION

**Presentation/Q & A**  
**7:00 - 8:30pm**

**Group Discussion**  
(Informal discussion led by group members)  
**8:30 - 9:00pm**

**at Provo City Library**

550 North University Ave., Provo  
Young-Card Room #308

#### REASONS TO ATTEND:

- Meet other people who understand the impact of AD/HD and learn how they are coping with the same issues that you are experiencing.
- Learn some new strategies and share those that have worked for you to make your life more manageable and enjoyable.
- Learn more about AD/HD from special guest speakers and local health-care professionals.
- Sometimes we just need to be heard, or to relay our frustration without being judged, in an atmosphere of honesty and hope.

#### OUR SUPPORT GROUP MEETINGS:

- Are facilitated by parent volunteers.
- Do not endorse products, services, publications, medications or treatments.
- Are NO CHARGE to attend.
- Are held EVERY SECOND THURSDAY of each month except for July, August and December.
- Include educational presentations as well as group discussion time.

Email questions to:  
[info@chaddofutah.com](mailto:info@chaddofutah.com)

Visit our websites:

CHADD of Utah:  
[www.chaddofutah.com](http://www.chaddofutah.com)

CHADD National:  
[www.chadd.org](http://www.chadd.org)