



Utah County CHADD ADHD Support Group

For parents and educators of children with ADHD, and/or adults with ADHD

Upcoming Speakers & Topics



THURS. SEPT. 12, 2019

Magic in the Trees? Can a Nature-based Setting Improve Academic Performance in Children with ADHD?

Presented by: **Dallin Richardson**

Dallin Richardson, Pharm.D., has practiced pharmacy for twenty years in an ambulatory care setting at clinics ranging from a Ryan White HIV clinic in Boise, Idaho to the Tanner Clinic in Syracuse, Utah. He is currently a founder of the nonprofit BreakOut School, specialized in educating boys with ADHD entering grades 4-8 in a natural setting. Education outside the classroom (EOTC) in a natural setting has been shown to have favorable effects on academic performance and ADHD symptoms. He has two children, two dogs, and loves the outdoors.



THURS. OCT. 10, 2019

Professional Tips on Clearing Clutter & Getting Organized

Presented by: **Vicki Winterton**

Vicki Winterton is a professional organizer who uses her laser focus and years of experience to help her clients tame cluttered spaces and paper piles. A home organizing expert since 2006, she has helped hundreds of Utahans (including those diagnosed with ADHD) take on a room filled with nothing but chaos and bring about improved order and peace. As a result of her work experience and continued proven successes, Vicki is now so sure she can make a lasting difference in her clients' lives that she **GUARANTEES** her work.

MEETING TIME & LOCATION

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

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

REASONS TO ATTEND:

- Meet other people who understand the impact of ADHD 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 ADHD 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

Visit our websites:

CHADD of Utah:
www.chaddofutah.com

CHADD National:
www.chadd.org