



# Utah County CHADD ADHD Support Group

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

## Upcoming Speakers & Topics:



**THURS. MARCH 12, 2020**

### Changing the ADHD Brain

Presented by: **Adam Thompson, LCSW**

Adam was raised here in Utah County and struggled all the way through school because of his own challenges with ADHD. He was interested in what enables people to change and eventually went on to get a masters degree in clinical social work from BYU. He has been working in the addiction

field and private practice since 2012. Specialized in getting people unstuck from old patterns quickly and permanently, he does a lot of work with EMDR, NLP, BWRT cognitive therapy, hypnosis, and DBT (mindfulness practice). He also does Neurofeedback and other neuro therapies to treat attention-deficit hyperactivity disorder in his private practice.



**Due to Spring break, this meeting is on the 3rd Thurs.**

**THURS. APRIL 16, 2020**

### ADHD: Managing Emotional Disregulation and Impulsivity

Presented by: **Audrey South**  
Pre-Licensed Professional, CSW

Every person has value and experiences challenges as part of living. I enjoy working with individuals helping with change and growth in their lives. I am excited to work with people in understanding challenges they face, helping them to work through these challenges in a more productive manner, and using the knowledge and tools I have to benefit their needs. I enjoy using the Cognitive-Behavioral Therapy, Acceptance & Commitment Therapy, and Play Therapy; as well as Mindfulness techniques. Creating a safe place of trust is priority, a place where the client can open up and address their most sensitive and difficult challenges.

I also enjoy working with couples and families in creating healthy relationships, and working through the challenges they face. I am trained in level 1 Gottman Method for couple's counseling. Chronic health issues and ADHD are my specialties.

## 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](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)