



Utah County CHADD ADHD Support Group

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

VIRTUAL MEETING

THURS. NOVEMBER 12, 2020

7:00pm - 8:30pm

Our ADHD Journeys

Presented by: **YOU, our Support Group Members!**

This meeting is all about YOU!

We want to hear about your ADHD Journey!

As support group members, we may not have professional credentials, but we have gained knowledge and have learned valuable lessons that only people facing the challenges of ADHD could fully understand. Join us for this unique opportunity to connect and share your thoughts and experiences.

To join the virtual meeting, send an email to amyec68@comcast.net and a meeting link will be sent to you.

PLEASE NOTE: you need to request the link for each meeting you plan to attend. If you attended a previous virtual meeting, it does NOT automatically put you on the list for the next meeting.

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