



# Utah County CHADD ADHD Support Group

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

## Upcoming Speakers & Topics:



### **VIRTUAL MEETING** **THURS. OCT. 8, 2020**

### **Shattering Shame**

Presented by: **Cory Henderson**  
**Certified ADHD Life Coach**

Cory Henderson is a proud mother of five sons and grandmother to sixteen wonderful grandchildren. Family is everything to her and she'll gladly expound on each individual if given the opportunity.

Cory describes the day she was diagnosed with ADHD as 'devastating.' "All I had in my mind were the stereotypical assumptions usually attributed to those stuck with the label and it was discouraging," she said. With an internal resolve she didn't realize she possessed, she started on a venture of discovery—one that changed her life in ways she could not have imagined.

Cory became passionate in her studies and is now a Certified ADHD Life Coach. Her greatest desire is to help others better manage their ADHD lives.

"I believe others can benefit from my knowledge, training and experience. I'd like them to learn to do as I believe I have done—turn discouragement into success. Those who have been given the gift of ADHD are creative, resourceful and whole."

### **VIRTUAL MEETING TIME**

**Presentation / Q&A**

**7:00pm - 8:30pm**

To join the virtual meeting,

send an email to

**amyec68@comcast.net**

and a Zoom link will be sent to you.

#### 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](http://www.chaddofutah.com)

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