



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. SEPT. 10, 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.

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

CHADD National:
www.chadd.org