



CHADD of Utah ADHD Support Group

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



VIRTUAL MEETING

**THURSDAY,
MARCH 11, 2021**

7:00pm - 8:30pm

"It's about Time!" – Time Management and ADHD

Presented by: **Serena Bohn, Clinical Therapist, LCSW**

"I have been a therapist for 8 years and usually my therapy focus is on trauma recovery, but I get to work with a variety of clients on whatever they bring to the table. I was surprised by how often I found ADHD was a part of the clinical picture, and since I'd experienced my own journey through the world of ADHD, I was excited to learn more about it. I wouldn't say I'm an "expert", but I am informed, and would love to share what I can!"

Serena is trained in a variety of therapy modalities, some of which are Seeking Safety, Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing Therapy (EMDR), Clinical hypnosis, Solution-Focused Brief Therapy, and Motivational Interviewing. She specializes in treating trauma and attachment trauma, grief and loss, and anxiety.

**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