

# ADHD FOCUS:

## Finding Opportunities in Challenges for your Unique Self

In this virtual seminar you will

- Learn how to work with your brain with understanding and compassion
- Learn how to talk about your symptoms with others - especially parents, partners or colleagues
- Cover these specific topics and more:
  - ADHD Brain
  - ADHD across the lifespan
  - ADHD tools
  - Environmental supports
  - Skill enhancement strategies

Let's celebrate neurodiversity, neuroplasticity and resilience!

Saturday, October 15th 9am-12pm on Zoom \$50  
Pre-registration required please contact:Victoria  
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