

ADHD ADULT SUPPORT GROUP

Westlake CHADD

Joyce Kubik, Coordinator - kubikja@bridgetosuccess.net or 1-440-933-8309

2010 SCHEDULE

The schedule below reflects the speakers for this year. Speakers will have 1 hour to speak and up to a half hour to field questions. Prior to each meeting with a speaker, we'll discuss your thoughts and questions for the speaker.

After the first meeting and as the year proceeds we will determine the other topics.

| Date-Time | Topic |
|--|---|
| Location: Community Outreach Center for St. John West Shore Hospital 7-9:00 pm 29160 Center Ridge Road, Suite R, Westlake, OH 44145 (just east of Crocker Road on the left - 1-story buildings) Bring: pencil, paper, folder, favorite beverage & snack, questions and a friend | |
| Jan 14, 2010 | John Gerace, M.D. |
| Feb 11, 2010 | Video - Outside In: A Look at Adults With Attention Deficit Disorder or Fears & Prejudices about ADHD |
| Mar 11, 2010 | Dr. Jay Fite - Stress Relievers |
| Mar 24, 2010 | SPECIAL EVENT Ari Tuckman "Relationship Balance When One Person Has ADHD" SJWS Medical Bldg 2, Auditorium B (7-8:30) |
| Apr 8, 2010 | Dr. Mansoor Ahmed - Sleep Apnea |
| May 13, 2010 | Open Session |
| Jun 10, 2010 | <i>Francois Adan - UH</i> |
| Jul 8, 2010 | <i>Michael Manos, Cleveland Clinic Behavioral Sciences</i> |
| Aug 12, 2010 | <i>Susan Barach and Donna Tkachyk - Jin Shin Jyutsu</i> |
| Sep 9, 2010 | <i>Open Session</i> |
| Oct 14, 2010 | Ken DeLuca, Psychologist |
| Nov 11, 2010 | <i>Francois Adan - UH</i> |
| December | Merry Christmas & Happy Holidays! No Meeting! |

Supporting: CHADD (Children & Adults with ADHD - chadd.org)
 ADDA (Attention Deficit Disorder Association (Helping adults with ADHD - add.org)
 Publications: ADDitude Magazine (for all ages - ADDitudeMag.com)
 Attention (for families & adults - through chadd.org)

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General Information: Food and Beverages: Bring your favorite snack or beverage to the meeting. It saves time, money, and you'll have just what you wanted. ☺

Structure of meetings: As in the past, at the end of each meeting we will choose a skill or observation to do that was related to the topic discussed. This makes our meetings more productive and meaningful. Of course, this is not homework and no one is required to participate. It is strictly up to each individual. At the next meeting, some time is taken to hear from those who tried the skill or observation. I think you will find it educational and encouraging to hear from your fellow members. Following the discussion, we will move on to our topic of the month.

Speakers: Spouses or significant others in our lives who do not have AD/HD are most welcome. We welcome them to all sessions to share with us their perspective on our topic. We had feedback from a couple of non-AD/HD people in our past meetings, and found it interesting to hear how they viewed or interpreted our discussions. Of course, they found our view and interpretation interesting, too.

Prior to each meeting? Look for an email 1-2 weeks before each meeting. This is a reminder of the meeting and the topic. You may (or may not) receive some suggested reading from various resources. Please jot down your questions or experiences related to each topic. Meetings begin with general feedback from members. It will be helpful if you reply that you expect to attend the meeting. This will help with handouts and to inform speakers of the size of the group.

As the facilitator, I will introduce the topic and prompt the discussion. I will always try to give everyone an opportunity to speak, as this is your support group. In the last 15 minutes, we'll wrap it up and pick a skill or observation to think about until we meet again.

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