

**Do you struggle to maintain Attention and Focus? Do your Emotions control you?  
Is staying Organized a never-ending battle? Is Time your "archenemy"?  
Does it take too long to Get Started? Do you say or do things you later Regret?**

**Is life more stressful than it should be?**

## **Understand and Manage Your Adult ADD**

**By**

**Dan Golletz, Ph.D.**

A Free Informational Seminar for adults who know they have ADHD or who think they might have ADHD, and for those who care about them

When: Wednesday, March 12th, 2014, 7:00pm—8:00pm

Where: Conference Room at 1300 NW Harrison Blvd., Corvallis (Corner of 13th & Harrison)

Did you know that:

- Adult ADHD is real and its impacts on life functioning can be huge
- ADHD runs in families. Children with ADHD usually have a parent or relative with ADHD
- ADHD usually persists into adulthood. If you had it as a child, you probably still do
- Medication can be helpful, but medication alone is often not enough
- There are effective treatments for ADHD that can significantly improve your life

Education is the key to managing ADHD. This 1-hour long seminar is designed to provide an overview of Adult ADHD including:

- How to recognize symptoms of Adult ADHD
- Common problems in living with ADHD
- Assessment and Diagnosis of ADHD
- Pros and Cons of Medication for ADHD
- Information about non-medication treatments for ADHD

Myths and misinformation about adult ADHD abound. Get accurate, current, and reliable information to help you make wise decisions and take effective action

There is no charge for this event, but space is limited so don't procrastinate. Please register in advance by emailing us at [workshops@peakpsych.com](mailto:workshops@peakpsych.com) to assure your space. For more information, Call 541-758-1556 or go to [www.Peakpsych.com/events](http://www.Peakpsych.com/events)

Coming soon -> Adult ADD/ADHD Group Coaching Program.

Learn how to stay focused, organize your time, deal with boredom, and manage daily life.