

Eight Reasons to Attend a CHADD Meeting

There are fewer distractions at a meeting, so you'll have the opportunity to immerse yourself in ADHD information and support.

The internet is a great resource, but did you ever start looking at one topic and find yourself drifting to other items of interest? Or reading your email? Or getting interrupted by those around you? You can focus on the subject at hand at a CHADD meeting.

Meet other people who understand the impact of ADHD on your life.

Websites and articles are great for information, but they are not always so great for support. Sometimes we just need to be heard, or to relay our frustration without being judged. The atmosphere of honesty at CHADD meetings is refreshing.

Some aspects of the ADHD journey are predictable and we can help prepare you for the next stage.

Often our members attend a meeting for information on one topic, and find important insights that they didn't even know they needed.

Looking for feedback on area specialists?

Although CHADD doesn't recommend or endorse local resources, others at the support meeting may have personal opinions that could be helpful for you.

Don't reinvent the wheel.

Learn how others are coping with the same issues that you are facing. Hear what they've learned, what methods they tried, and what they wish they had known.



No time? Life too hectic to get out at night?

We hear you. If you're a parent you are dealing with homework, if you are an adult with ADHD there are many other challenges. But if you learn some new strategies, you may just save time by handling things in a different way.

Did we mention that CHADD meetings are free?

We may ask for donations and some of our special events have a modest fee. But here is a low-cost way to hear from area specialists on pertinent topics AND go home feeling competent and empowered.

You have nothing to lose by trying us out.

At worst, you lose two hours out of your life. (What? You've never played Candy Crush?) Most likely you will find some solutions to make your life more manageable. 🍷

Marie S. Paxson is past president of CHADD and a past coordinator of Chester County/Main Line CHADD. She currently chairs the editorial advisory board of Attention magazine.



International
**ADHD Coach
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Teaching the Change We Want to See in the World

• Do you feel called to help those struggling with ADHD?

• Do you have ADHD yourself?

• Maybe you love someone with ADHD?

If you answered "yes," to two of the above questions you might have what it takes to become an ADHD Life Coach.

Go to www.IACTCenter.com and take the quiz, "Do you have what it takes to be an ADHD Life Coach?"

"A holistic heart-centered approach to teaching coaches how to change the lives for persons with ADHD."

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www.IACTCenter.com

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