



## The THRIVE Center's 2015 ADHD Speaker Series

# ALL THINGS ADHD (AND EXECUTIVE FUNCTION)

**FREE Monthly Talks** with the ADHD/ EF Experts at THRIVE  
To meet and discuss key topics related to ADHD in kids, teens, young adults & adults.

**BONUS FOR ATTENDING:**  
**SCHEDULE A FREE 15 MINUTE CONSULTATION**  
*with the speaker -- for clinical questions and treatment suggestions*

### 2015 TOPICS

- March 9: Improve You Child's Social Skills
- April 13: Couples, Relationships and ADHD
- August 10: Executive Function Techniques for Your School-Age Child
- September 21: (3rd Monday): Homework Helpers
- May 11: Mood Regulation and Mindfulness
- June 8: ADHD In The Workplace
- July: No Scheduled Program
- October 12: Medications for ADHD
- November 9: Education Advocacy
- December 14: Exploring the Role of Nutrition in ADHD

Where:	THRIVE Center 6310 Stevens Forest Road, Suite 100 Columbia, MD 21046
When:	Second Monday of each month
Time:	7:00 pm - 8:30 pm
Cost:	FREE -- Complimentary Speaker Series
RSVP:	To RSVP: Call 410-740-3240

The THRIVE Center for ADHD and Comprehensive Mental Health Care

[www.myTHRIVE.net](http://www.myTHRIVE.net)

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