

## ADHD PART II

### 2018 Schedule

June 25, 2018 to August 13, 2018

September 24, 2018 to November 26, 2018

This class began in January of 2013 based on member feedback. It was designed for Kaiser Members who have a basic understanding of ADHD. This is operationally defined as individuals who know and understand the symptoms or diagnostic criteria of ADHD, and treatment options available for the disorder. Members are welcome to attend this drop-in class series for additional information about ADHD, to learn compensatory strategies, tools and for peer support. The 8-week series will be as follows:

- Week #1                      ADHD 101 and Self-Inventories
- Week #2                      Neuroanatomical and Neurochemical Correlates of ADHD
- Week #3                      Interventions for Success
- Week #4                      Mood Swings, Emotion Regulation and Self-Care
- Week #5                      Communication Breakdown
- Week #6                      Empowerment Tools
- Week #7                      Time: Now and Not Now, and How to Manage It
- Week #8                      Relationships

**FACILITATOR:**        **Dr. Evelyn Miccio**  
Director of Neuropsychological Services at Kaiser San Francisco/  
Director of Training: APA Accredited Postdoctoral Residency Program

**DAY/TIME:**            **Mondays 4:30-6pm,**

**LOCATION:**             **4141 Geary Blvd, 4<sup>th</sup> floor, Rm#411A. Exit elevator, turn left, proceed down the hall to 411-A, on left.**

**\*\*\*PLEASE BRING A WRITING INSTRUMENT & PAPER/NOTEBOOK TO EACH CLASS.**

You can **drop in** for a session or continue for several weeks. Given the drop-in nature of the class, it is difficult to notify members if it is cancelled; as a result it is imperative that you **REGISTER for the class by calling: 415 833-2292.**

**ADHD CLASS: PART II**  
June 25, 2018 to August 13, 2018

DATE:	Week #/TOPIC
June 25, 2018	Week #1: ADHD 101 and Self-Inventories
July 2, 2018	Week #2: Neuroanatomical and Neurochemical Correlates of ADHD
July 9, 2018	Week #3: Interventions for Success
July 16, 2018	Week #4: Mood Swings, Emotion Regulation and Self-Care
July 23, 2018	Week #5: Communication Breakdown
July 30, 2018	Week #6: Empowerment Tools
August 6, 2018	Week #7: Time: Now and Not Now, and How to Manage It
August 13, 2018	Week #8: Relationships

**Alternative options for Adults with ADHD:**

1. C.H.A.D.D. ([www.chadd.org](http://www.chadd.org)) Support Groups the 1st and 3rd Mondays of the month, 7-9pm, at Kaiser's French Campus, 4141 Geary Blvd, San Francisco, Ca, 94118. There is a suggested \$5 donation.

Facilitator: [Rick Webster](#) -925 765-2890.

2. Women with ADHD support group: <http://www.meetup.com/SF-BayArea-Women-with-ADHD-ADD/>