



Institute for the Advancement of Psychotherapy's
Bay Area Center for AD/HD

Managing your **ADULT AD/HD** with Rebecca Robbins



ADD/ADHD WORKSHOP: WAYS TO MANAGE YOUR SYMPTOMS & GET THE MOST OUT OF LIFE

WHEN: January 12, 2012, 7pm - 9pm

WHERE: 1800 Market Street, San Francisco

COST: \$50

In this workshop, Ms. Robbins will discuss what ADD/ADHD is, how it can affect one's life, and ways to manage it through organizational skills, time management, techniques to decrease distractions, and systems for managing one's life. Attention-Deficit/Hyperactivity Disorder can cause many difficulties for adults at work, at home, in relationships, and in school. *Last day to register is January 5th.*

7-WEEK ADULT ADHD GROUP

WHEN: Starts January 19th

WHERE: 3107 Fillmore St, #304, San Francisco

COST: \$315 (\$45 per session)

Even for intelligent, competent adults, the challenges presented by this condition are very real, and not uncommon. For many, the frustrations of daily life with ADHD are compounded by a sense of isolation. In this seven-session workshop, we'll cover strategies to manage your time, be more productive, deal with distractions, find systems for organization, deal with procrastination, manage strong emotions, improve relations, and improve the way you're feeling. You'll connect with your ADHD peers and have the chance to benefit from each other's insights. Upon completion of the program of the seven-week program, you will have the opportunity to join the ongoing support group that meets the last Thursday of the month. *The last day to register is January 13th.*

Rebecca Robbins is a certified Educational Therapist with over five years of experience working with AD/HD and dyslexic children and adults. Rebecca holds a California CLAD Teaching Credential, is a certified CHADD parent-to-parent instructor, and is the San Francisco chair for the advocacy organization CHADD.

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<http://bayareaadhd.com/workshops.html>