



NOW SCREENING FOR FALL 2008

- WHO?** Adults with AD/HD or similar challenges; most suitable for ages 24+
- WHAT?** **LIFE 101 GROUP** - Skills for Living with AD/HD led by Roberta Tsukahara, Ph.D. Topics include:
- ✓ Stress reduction
 - ✓ Mood management
 - ✓ Time management
 - ✓ Get & stay focused
 - ✓ Procrastination
 - ✓ Organization
 - ✓ Taming technology
 - ✓ And much more!
- WHEN?** Tuesdays, Sept 16 thru Nov 18 (10 weeks)
6:30p.m. to 8:15 p.m.
- WHERE?** ADD Austin, 503 West 38th St. near Guadalupe
- COST?** \$800 - Non-refundable deposit of \$100 due at phone screen. Balance due on September 16. Small fee for credit card payment.
- HOW?** Call now to schedule a phone screen. Groups are limited to 6, so call now! For more details, go to <http://addaustin.com/life101.html>.

503 West 38th Street
Austin, TX 78705
512.459.5999
www.ADDaustin.com