Understanding ADHD

When you think about ADHD, do you picture a hyperactive child interrupting class or getting in trouble? What most people don’t realize is that there are more adults with ADHD than children, and that it can present differently in men and women.

While this disorder poses significant challenges, people with ADHD are often passionate, caring, creative and can enjoy highly successful lives. Join us as we learn about ADHD, understand the common obstacles faced and their impact, and explore strategies to manage it.

Presenter: Susan Gesten, LMSW, Certified Coach from the ADD Coach Academy, and a Professional Certified Coach (PCC) with the International Coaching Federation.

To Register Contact:
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http://www.albany.edu/eap/event_sign-up.htm

THURSDAY, OCTOBER 6
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WEDNESDAY, OCTOBER 5