



Reasons To Attend A CHADD Meeting

1. **Less distractions at a meeting; opportunity to immerse yourself in ADHD info and support.**
 - ✓ The internet is a great resource, but did you ever start looking at one topic and find yourself drifting to other items of interest? Or reading your e-mail? Or getting interrupted by those around you? You can focus on the subject at hand at a CHADD meeting.
 - ✓ Meet other people who understand the impact of ADHD on your life.
 - ✓ Websites and articles are great for information. But not always so great for support. Sometimes we just need to be heard, or to relay our frustration without being judged. The atmosphere of honesty at our meetings is very refreshing.
 - ✓ Some aspects of the ADHD journey are predictable and we can help prepare you for the next stage. Often our members attend a meeting for information on one topic, and find important insights that they didn't even know they needed.
2. **Looking for feedback on area specialists?**
 - ✓ Although CHADD doesn't recommend or endorse anyone, others at the support meeting may have personal opinions that could be helpful for you.
3. **Don't re-invent the wheel.**
 - ✓ Learn how others are coping with the same issues that you are. Hear what they've learned, what methods they tried, and what they wish they had known.
4. **No time? Life too hectic to get out at night?**
 - ✓ We hear you. If you're a parent you are dealing with homework, if you are an adult with ADHD there are many other challenges. But if you learn some new strategies, you may just save time by handling things in a different way.
5. **Did we mention that our meetings are free?**
 - ✓ We do have a donation basket, and some of our special events have a modest fee. But here is a low-cost way to hear from area specialists on pertinent topics AND go home feeling competent and empowered.

You have nothing to lose by trying us out.

*At worst, you lose two hours out of your life (what – you have never played “Angry Birds”?)
Most likely you will find some solutions to make your life more manageable.*

*By Marie Paxson,
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