

## Adult ADHD: Symptoms, scenarios and solutions.

Each class will focus on the symptoms, scenarios and solutions related to adult ADHD. We will review neuroanatomy, emotion regulation, communication, relationships, time management, self-care and interventions such as L.E.S.S.O.N ©

Kaiser members are welcome to attend this free class for additional information about adult ADHD. You will learn compensatory strategies and tools, as well as experience peer support.

<b>DATES:</b>	<b>January 25, 2021 (No Class 1-4-21)</b>	<b>July 26, 2021 (No Class 7-5-21)</b>
	<b>February 1<sup>st</sup> &amp; 22<sup>nd</sup>, 2021</b>	<b>August 2<sup>nd</sup> &amp; 30<sup>th</sup>, 2021</b>
	<b>March 1<sup>st</sup> &amp; 29<sup>th</sup>, 2021</b>	<b>September 27, 2021 (No Class 9-6-21)</b>
	<b>April 5<sup>th</sup> &amp; 26<sup>th</sup>, 2021</b>	<b>October 4<sup>th</sup> &amp; 25<sup>th</sup>, 2021</b>
	<b>May 3, 2021 (No Class 5-31-21)</b>	<b>November 1<sup>st</sup> &amp; 29<sup>th</sup>, 2021</b>
	<b>June 7<sup>th</sup> &amp; 28<sup>th</sup>, 2021</b>	<b>December 6<sup>th</sup> &amp; 27<sup>th</sup>, 2021</b>

**FACILITATOR:** Dr. Evelyn Miccio

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

**LOCATION:** Online via TEAMS, however, attendees need to be in the state of California to attend.

**Please email: [SFO-ADHDCLASS-WEBEX@kp.org](mailto:SFO-ADHDCLASS-WEBEX@kp.org) to enroll for a particular date.**

**Class size will be limited due to online format.**