

2010 Schedule

Seattle Adult Support Group

Meets every first Wednesday of the Month, September - July.
(Regardless if a meeting date/subject is posted.)



TIME: 7 - 8:30 pm

LOCATION: Sound Mental Health - Main Building
1600 East Olive Street - Capital Hill - Seattle

- **January 6th – Level 1: “Epiphany”**
The joy of discovery in a ‘Be Quiet’ culture.
- **February 3rd – Level 2: “AD/HD and College”**
How to get in, what help to expect and other questions with **Dr. Parker-Cohen**, ADHD/LD Specialist at the University of Washington Disability Services Office.

Schedule still under construction. Update will be made as guests are confirmed.

- **March 3rd – Level 2: “AD/HD in the Workplace #1”**
Framing a broken work history & interview strategies.
- **April 7th – Level 1: “ADD Coaching”**
How does coaching help? What should you expect?
- **May 5th – Level 3: “AD/HD in the Workplace #2”**
What to do when tardiness is viewed as incompetence & framing ADHD as an asset.
- **June 2nd – Level 3: “Pregnancy & ADHD Medications”**
- **July 7th – Level 2: “Beyond Medication”**
- **August – NO MEETING**
Go out and play.
- **September 1st – TBD**
- **October 6th – TBD**
- **November 3rd – TBD**
- **December 1st – Level 1: “The Gift of ADHD”**

Level 1: Beginning - for those new to the concepts or newly diagnosed.

Level 2: Intermediate - for those with a little more experience.

Level 3: Advanced - for those who have a bit more experience and want a deeper discussion.

DIRECTIONS:

From I-5 northbound take the Madison Exit.

From I-5 southbound take the Union Exit, turn left on 5th Avenue, left on Spring St, right on 8th Avenue, left on Madison.

Follow Madison to 17th Av E, turn left (at the Trader Joe’s) go one block and look for parking. The entrance to the SMH compound (there are several brick buildings) is mid block between 16th & 17th Ave East on E Olive St. (one block north of Madison.)

ITS WAY IN THE BACK: From E. Olive St walk between the buildings and look for an elevated brick patio on the right. Knock on the patio door you will be let in.

There is some parking available behind the main building on 17th half block past Olive Street. Walk between the buildings to find the patio entrance.