

**Still distracted? Miles off task?
Late? Running out of excuses?
Here's a chance to swap strategies.
Success and horror stories welcome!**

Adult ADHD Support Group

NEW TIME!!!

Meetings on the **Second Wednesday of the Month
7:15pm to 8:45pm**

**Regional Services Center Mid-County, Room 223
2424 Reddie Drive, Wheaton**

*(In same block as Wheaton Metro stop on Glenmont Red Line!
Across from Wheaton Triangle!)*

Questions: E-mail: joans.palmer@gmail.com; Call Anne (301-920-4952)

PLEASE NOTE: We follow MCPS closings. In addition, if storm warnings indicate that it would be dangerous to travel to/from the support group meeting, contact the Mid-County Services Center (240-777-8100) to check on cancellations.

**Go to www.chadd.org for information about AD/HD
And www.chadd-mc.org for information about upcoming chapter events
For more information contact chadd100@gmail.com**