



CHILDREN AND ADULTS WITH  
ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

**CHADD OF PUTNAM AND VICINITY, NY - 376**  
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## MEETINGS – 2009/2010

**WHEN:** FIRST TUESDAY of each month (except Sep – 3<sup>rd</sup> Tue)  
**TIME:** 7:30 PM. **NEW: Support Group starts at 6:30, beginning October 2009**  
**WHERE:** FOUR WINDS HOSPITAL Conference Center, Route 35, Katonah, NY  
**INFO:** (914) 729-2067

- SEP 15** (3rd Tues) **“BACK TO SCHOOL AND BACK TO WORK: WISDOM FROM THE TRENCHES; WHAT WORKS, WHAT DOESN’T WORK AND WHAT YOU WON’T FIND IN BOOKS”** – Our own executive board members will share their experiences
- OCT 6** **“PRACTICAL STRATEGIES FOR EFFECTIVE STUDENT ADVOCACY”** -- Strategies to help secure compliance and protect and preserve child’s rights to maximize success.  
**Robert M. Tudisco, Esq.** -- Attorney, Adult With AD/HD, Columnist for CHADD’s **ATTENTION!**® Magazine, and Past CHADD National Board Member
- NOV 3** **“UNDERSTANDING THEIR WORLD OF ATTENTION DEFICIT”** -- Strategies to improve attention, self-esteem, study skills...  
**Sister Carol Ann Nawracaj, M.A. Sp Ed**, Principal of Villa Maria Education Center, a private day school for LD, Stamford, CT., author
- DEC 1** **“MINDFULNESS: STRESS REDUCTION FOR PARENTS OF CHILDREN WITH AD/HD”**  
**Mark Bertin, M.D.** -- Developmental and Behavioral Pediatrician
- JAN 5** **“TOOLS OF THE TRADE FOR WRITING”** -- Strategies to help the AD/HD student improve their organization and writing skills  
**Madeline McDougal, M.S.** -- Educational Therapist
- FEB 2** **“AD/HD AND ACCOMPANYING COMORBIDITIES”**  
**Boris Rubinstein, M.D.** – Child, Adolescent and Adult Psychiatrist
- MAR 2** **“VITAMINS, MINERALS AND OTHER SUPPLEMENTS TO HELP CONTROL SYMPTOMS OF AD/HD”**  
**Veronica Waks, M.D., N.D.** -- Naturopathic Physician
- APR 6** **“HOW CHILDREN LEARN: UNDERLYING ABILITIES TO BE AN INDEPENDENT LEARNER”**  
**Peter Riddle** – Director of Empowered Learning Center, Stamford, CT.
- MAY 4** **“PSYCHIATRIC MEDICINE DILEMMA: WEIGHING RISKS AND BENEFITS”**  
**Kevin Kalikow, M.D.** – Child and Adolescent Psychiatrist, author of the book **Your Child in the Balance: An Insider's Guide for Parents to the Psychiatric Medicine Dilemma**
- JUN 1** Presentation of the award winning video by Rick Lavoie:  
**HOW DIFFICULT CAN THIS BE?**  
**THE F.A.T. CITY WORKSHOP**  
Allows viewers to experience the same Frustration, Anxiety and Tension that children with learning disabilities face in their daily lives. **NOT TO BE MISSED!!!**

A \$5.00 Donation is requested of nonmembers, which can be applied toward membership the same evening.

**FOUR WINDS HOSPITAL** is located on Route 35 between Katonah and Cross River,  
3.5 miles East from I-684 Exit 6 (Rt 35 -- KATONAH / CROSS RIVER)  
Please use the second driveway on the left and follow the signs to the Conference Center

**CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is a national non-profit, parent-based organization that offers support and information on AD/HD**

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