



Midwest Regional Center
Virtual Open House
Saturday, October 17th, 2020

- 9:00 am (EST) /8:00 am (CST) **Welcome/Introductions with Jami Demuth** (Midwest Regional Coordinator)
NRC resources with Sarah Brown (Director of CHADD's National Resource Center)
- 9:50 am (EST)/8:50 am (CST) **Break**
- 10:00 am (EST)/ 9:00 am (CST) **Mindfulness with Dr. Mark Bertin**
(Developmental pediatrician and author of [How Children Thrive](#), [Mindful Parenting for ADHD](#), and [The Family ADHD Solution](#))
- 11:00 am (EST)/10:00 am (CST) **NRC Library Resources with Zuali Malsawma**
(Health Sciences Librarian, NRC Program Associate, and Young Scientist Research Awards, Manager)
- 11:30 am (EST)/10:30 am (CST) **Grant Writing with Brian Foy**
(Secretary, CHADD Board of Directors and Co-coordinator/Treasurer of CHADD of Iowa)
- 12:00 pm (EST)/11:00 am (CST) **Executive Function Impairments during Covid with Dr. Eugene Arnold**
(Professor Emeritus of Psychiatry and Behavioral Health at Ohio State University and CHADD's Resident Expert)
- 1:00 pm (EST)/12:00 pm (CST) **Lunch Break**
- 2:00 pm (EST)/1:00 pm (CST) **Hootsuite with Alondra Perez**
(Bilingual Health Information Specialist)
- 2:30 pm (EST)/1:30 pm (CST) **Hosting Meetings and Events through Facebook Live with Nicole Vredenburg** (Co-coordinator North Broward CHADD Coral Springs, FL)
- 3:00 pm (EST)/2:00 pm (CST) **"I've just been diagnosed with ADHD. Now what?"**
- 4:00 pm (EST)/3:00 pm (CST) **Feedback Session** (Chapter coordinator share)
This event is for Midwest Regional Chapter Coordinators.