

PHILADELPHIA CHADD

PROUDLY PRESENTS



**Living and Surviving in the Time of Corona
(with ADHD in the Family)**

Linda Anderson, MA, MCC, SCAC

Linda Anderson, *Getting Clear*, is an internationally known
Business, Personal and Professional Coach
Specializing in ADHD www.gettingclear.com

APRIL 16, 2020

6 P.M.

Join us for our first Virtual meeting!

Here's what we want to talk about –

How are you managing during these unusual times?

Rather than the webinar Linda was going to present for our April meeting, we thought it would be a more helpful idea to talk about some of the things we are all dealing with. Let's talk about:

- Structuring your day
- Learning in the Time of Corona
- Play in the Time of Corona
- Organizing – Is it possible?
- Feelings/Emotions/Stress
- Resources and Discoveries – Let's share!

Linda has been a coach for over twenty years, specializing in working with ADHD adults. She has had the opportunity to learn from working with clients in many, different life/work stages: how to manage stress, organize to get things done, manage procrastination and OVERWHELM, and transform an overly- developed negative inner critic into a supportive, wise self-observer.

This meeting will be presented via Zoom.

To get a personal email with instructions to log on, you must RSVP by emailing us at PHILADELPHIA-CHADD@CHADD.NET by Tuesday, April 14th.

Please note CHADD does not endorse products, services, publications, medications, or treatments, including those advertised as speakers at any CHADD events

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PHILADELPHIA CHADD

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Meetings are every 3rd Thurs.
of the month at 6 p.m.
@ CHOP's Karabots Center
4865 Market Street, Phila.