

**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](mailto:joans.palmer@gmail.com)

**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](http://www.chadd.org) for information about AD/HD  
And [www.chadd-mc.org](http://www.chadd-mc.org) for information about upcoming chapter events  
For more information contact [chadd100@gmail.com](mailto:chadd100@gmail.com)**