

Santa Cruz ADHD Support Group presents:

Special Guest Speaker:

Leslie Tremaine

presenting on

Mindfulness

at the

**Adults with ADHD
Support Group**

6:30-8 pm, Wednesday

May 22th, 2019

Aptos Fire Station, 6934 Soquel Drive

(next to Mar Vista Elementary)



Leslie Tremaine is a Human Services Administrator with a 40 plus year career, primarily in public mental health and substance abuse services. Now semi retired, Leslie continues this focus on more integrative approaches by serving as a mindfulness teacher in a range of settings. Her work builds on research regarding the effectiveness of mindfulness skills in enhancing well being for people affected by a range of mental health and substance abuse conditions.

Santa Cruz ADHD (Santa Cruz Branch of C.H.A.D.D. Children and Adults with ADHD) hosts monthly support groups for anyone who would like to learn more about Attention Deficit /Hyperactivity Disorder (ADHD) and find resources.

Parent Group meets on the 2nd Wednesday of each month &
Adults with ADHD meets on the 4th Wednesday of each month

All meetings are **6:30pm to 8pm** at the **Aptos Fire Station**, 6934 Soquel Dr., Aptos, California.

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