

PHILADELPHIA CHADD

Presents

Keeping Calm and Collected During the Holidays



DECEMBER 15, 2022

7:00 P.M.

VIA ZOOM

The holidays can be stressful for anyone, though all the more with ADHD in the family! Wouldn't it be amazing if we could keep our center with all the additional activities and commitments that accompany this special time of year? Lisa Joy Tuttle will share how we can prepare for the weeks ahead, and calmly respond to our common stressors, so we can relax and enjoy being with our loved ones.

Lisa Joy Tuttle is the Director of Coaching and Group Programs at the University of Pennsylvania's Adult ADHD Treatment and Research Program where she leads her popular *Mindful Self-Management*[®] executive skills coaching groups. A former psychoanalyst with a master's degree in Applied Psychology and training in cognitive-behavioral therapy and mindfulness, Lisa coaches, lectures, and trains clinicians and coaches internationally in her signature approach to thriving with ADHD. She is pursuing her PhD at the California Institute of Integral Studies, researching stigma and empowerment in the context of ADHD.

Zoom Meeting link

<https://us02web.zoom.us/j/84044223459>

Meeting ID: 840 4422 3459

One tap mobile

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Meetings are usually every 3rd
Thurs. of the month at 7 p.m.
Currently meeting by Zoom
September through June