

REGISTRATION FORM

ADD/ADHD Workshop Registration Form
(If registering as a couple, please list both names)

Name: _____

Name: _____

Title: _____

Street Address: _____

City: _____ Zip Code: _____

Daytime Phone: _____ Cell: _____

E-Mail: _____

Note: Registration confirmation will be sent via e-mail only

WORKSHOP FEES:

Workshop

Price

Managing Adult ADD/ADHD

\$10.00 per individual
 \$15.00 per couple

Parenting Adult Children With ADD/ADHD

\$10.00 per individual
 \$15.00 per couple

PAYMENT METHOD:

Cash: _____

Check #: _____

*There will be a \$25 fee for all returned checks.
Make checks and Purchase Orders out to "LDA"*

Credit Card #: _____

Exp.: ____ CCV Code: ____ Type: VISA MC

Card Holder's Signature: _____

**Check/Cash must accompany registration form.
Send payment and registration to:**

LDA Life and Learning Services
Attn: ADD/ADHD Workshop Series
339 East Ave., Suite 420
Rochester, NY 14604

Fax 585-263-2461 Phone 585 263 3323 x211
www.LDARochester.org

L D A
LIFE AND LEARNING
S E R V I C E S

339 East Avenue
Suite 420
Rochester, NY 14604

LDA Life and Learning Services

Presents

A Workshop Series on

ADD/ADHD

With

Dr. Leon Schofield

Managing Adult ADD/ADHD
Thursday January 15th, 2009
7 to 9 pm

Parenting Adult Children with ADD/ADHD
Thursday March 19th, 2009
7 to 9 pm

These workshops are geared toward:

- *adults who are diagnosed and undiagnosed with ADD/ADHD*
- *for parents of adult children with ADD/ADHD*

L D A
LIFE AND LEARNING
S E R V I C E S

ADD/ADHD

A Workshop Series for Adults with diagnosed and undiagnosed ADD/ADHD and Parents of Adult Children with ADD/ADHD

Managing Adult ADD/ADHD

Thursday January 15th, 2009
7 to 9 pm

This workshop is for adults struggling with ADD/ADHD issues that create problems in academic, vocational and personal areas.

Dr. Schofield will discuss:

- The current state of knowledge about ADD/ADHD in children and adults.
- How adult ADD/ADHD can be managed with and without medication.
- Time management strategies
- Dealing with emotions which interfere with managing ADD/ADHD.
- Communication strategies for home and the workplace.

Location: LDA Life and Learning Services
339 East Avenue
Rochester, NY 14604

(Free parking is behind Bethel Christian Fellowship Church)

Parenting Adult Children with ADD/ADHD

Thursday March 19th, 2009
7 to 9 pm

This workshop will address the problem of parenting young ADD/ADHD adults who are impaired in their emotional, behavioral, social, academic and vocational development. These adults are largely dependent on parents in many aspects of their life. Unfortunately they have often developed inappropriate coping strategies that produce various mental health, drug/alcohol, financial and legal problems complicating their growth and recovery.

Dr. Schofield will discuss:

- How to promote their adult child's ownership and understanding.
- How to promote self monitoring and self managing.
- How to plan for modest, graded challenge.
- How to avoid enabling behavior that aggravates dependency
- How to manage parent's burnout

Location: LDA Life and Learning Services
339 East Avenue
Rochester, NY 14604

(Free parking is behind Bethel Christian Fellowship Church)

Presenter

Dr. Leon Schofield

Dr. Schofield has had over 30 years of counseling experience. He earned his doctorate degree in clinical psychology from Michigan State University and interned at Astor Home for Children. Both programs are approved by the American Psychological Association.

He is a New York State licensed clinical psychologist and a New York State credentialed alcohol and substance abuse counselor.

Dr. Schofield has hospital privileges at Strong Memorial Hospital, F.F. Thompson Hospital and Clifton Springs Hospital and Clinic. He is an Assistant Professor at the University of Rochester Medical School. He has published numerous articles for professional journals, and has spoken at national and regional conferences.

Who should attend?

The **Managing Adult ADD/ADHD** workshop is open to individuals or couples with or without formal history of diagnosis or treatment of ADD/ADHD.

The **Parenting Adult Children with ADD/ADHD** workshop is open to parents of adult ADD/ADHD children who are experiencing significant problems functioning in any area of their life and who are dependent on parental support and management.