



## ADHD Adult Presentation

Wednesday, June 19, 2019  
7:00 – 9:00 pm

### **“Clutter is a distraction. Learn steps to get organized!”**

**Presented by: Lisa Dodson, Professional Organizer**

Love what you have. Remove what you don't (love or need). Declutter your home and life to find clarity. Learn 3 habits of highly organized people that you can apply to your daily living. Have you ever been frustrated because you couldn't find an item or decide what to wear? We will walk through 10 steps to organize anything that you can apply to any area of your home or life.

For the past 6 years Ms. Dodson has served the Orange County area as Professional Organizer sharing her passion for decluttering in three main roles. (1) As a Professional Organizer working alongside clients helping with the decision making process of what to keep or purge. (2) As a moving specialist helping to facilitate a move with decluttering, packing, unpacking and organizing. (3) In addition to those two roles, Ms. Dodson has offered several presentations and workshops about organizing, paper management and family heirlooms.

#### **LOCATION:**

**H4K Coaching, Training & Therapy Center  
145 W. Main Street (upstairs)  
Tustin, CA 92780**

Meetings are FREE and open to the public.  
You do not have to be a CHADD member to attend.

For map & directions, visit: [www.greaterOCchadd.org](http://www.greaterOCchadd.org)  
For more information email: [ADHDmeeting@gmail.com](mailto:ADHDmeeting@gmail.com)

*CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization for individuals with ADHD, their families and professionals. Over 150 local chapters across the U.S. offer support for individuals, parents, teachers, and professionals. FREE monthly support group meetings provide a forum for continuing education for parents and professionals interested in learning more about ADHD in children and adults. For more information about, visit [chadd.org](http://chadd.org)*

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