



ADHD Adult Presentation

Wednesday, May 15, 2019
7:00 – 9:00 pm

“What is mindfulness and why is it important?”

Presented by: Bahar Delaram, MFT #100486

Ever notice how frustrating it is when you can't seem to stop unwanted thoughts and feelings? Have you ever desired a more peaceful, ordered mind? The solution to these problems can be found in ancient mindfulness teachings and practicing simple techniques to restore balance in the mind.

For the past 6 years Bahar has served the greater Orange County area in three main roles. (1) As a marriage and family therapist in private practice and several other places such as College hospital. (2) As a meditation group leader and facilitator. (3) In addition to those two roles, Bahar has conducted several seminars and workshops about mindfulness, emotionally focused therapy and transactional analysis.

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
For more information email: 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

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