



ADHD Tustin Parent Meeting

Wednesday, February 12, 2020

Heart 4 Kids Center

145 W. Main Street, Suite 260, Tustin

“ADHD | ADD Panel”

Presented by: Pay ADDention, Karate For All, Yoga for ADHD

6:50 – 7:00pm Raffle & Introductions

7:00 – 8:00pm Educational Presentation

8:00 - 9:00pm Open Discussion, Q&A

Pay ADDention Makayla Caliendo, a 16-year old sophomore in high school, has struggled with ADD since pre-school. She works hard to manage her on-going symptoms and gain academic success. Makayla has started her own non-profit called “Pay ADDention,” in which she meets with elementary and middle school students and parents to share what has helped and what has not. She provides peer support and hope to make sure they know that they are not alone in their struggles.

Karate For All is a community Occupational Therapy based Martial Arts Program founded in 2001, developed specifically for children and adults looking to combine the discipline of martial arts to achieve motor, cognitive, social and processing goals. Wayne Centra is a graduate of Pacific University's Occupational Therapy Program with a Masters in Occupational Therapy. He is a pediatric Occupational Therapist and founder of Karate for All. His experience includes over 35 years of martial arts experience and a black belt degree. He has been instructing students in Martial arts for 30 years, at colleges, schools and rehabilitation centers. Wayne will talk about how he combines his background in martial arts with his professional discipline of occupational therapy. He has been instructing at Children's Hospital of Orange County and at his private facility since 2001.

Yoga for ADHD. Imara Galaz will share her journey on becoming a Certified Kundalini Yoga Instructor. It all started on her search for methods for helping her son, diagnosed with severe ADHD at the age of seven (7). She will talk about her experience with this ancient technology, covering how it helped to create an inner space, harmony with the body, neutralize the mind and experience a conscious, more equipped being. After witnessing the impact this had on her son, she now brings her passion to students with complex learning challenges and ADHD.

This is a panel you will want to hear --- trust me!

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

CHADD does NOT endorse any one treatment, medication, provider, publication, service or product.