



ADHD Tustin Adult Meeting

Wednesday, January 15, 2020
7:00 – 9:00pm

“Mobile Tech (iPhone) for your ADHD”

Presented by: Rodney Ziebol, ACC, DSS, ADHD/Life Coach

Rodney will give you a personal tour (1 hour) of the mobile apps that he uses on iPhone to support himself (improve time management, organization, and goal setting) as part of his strategy for dealing with ADHD and focusing on what really matters. You will leave this presentation with a hands-on understanding of applications you can use right away!

The second half of the meeting (1 hour) will be for general ADHD discussions among members and members introducing themselves to other members attending. What's your challenges? Are you looking for resources and/or professional referrals from other members? Success stories, mentoring, accountability buddies?

Rodney received his Life Coaching training from CTI with additional specific ADHD training from JST Coaching & Career & Life Planning Service Specialty training. Rodney is trained to work with parents, teens, college students and adults with ADHD and/or Asperger's.

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

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