

**Live Cognitive Behavioral Therapy (CBT)**

**for ADHD**

**Presentation by**

**Uram Family Therapy's**

**Michael Uram, MA and**

**Cristina Deneve, MA**

**APRIL**

**15**

**2020**

**7-9PM**

# **WATCH CHANGE HAPPEN**

**Learn how to treat ADHD by identifying**

**Cognitive Distortions, Unhealthy Schemas,**

**Procrastination's core,**

**Rejection Sensitive Dysphoria, Defensiveness**

**and more...**

**[greaterocchadd.org](http://greaterocchadd.org) for more info**

**JOIN THE ZOOM MEETING FROM YOUR COMPUTER:**

**[HTTPS://ZOOM.US/J/874402508](https://zoom.us/j/874402508)**

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**NO COST  
TO ATTEND**

**ONLINE ONLY  
MEETING**