



AD/HD Adult Presentation

Monday, June 20th, 2016
7:00pm – 9:00pm



5 Executive Functioning Fixes

Presenter: Michael Uram, MA, LMFT, LPCC

Michael will present 5 Interventions to Improve Executive Functioning Skills based on Russell Barkley's work. He will outline:

- What Executive Functioning Skills are
- ADHD's relationship with Executive Functioning
- How to adapt to the deficits
- How to develop an external organized system
- How loved ones can participate in treating ADHD as a condition, not as a personal flaw.

Michael Uram is a Licensed Marriage and Family Therapist (LMFT) and Licensed Professional Clinical Counselor (LPCC). Michael utilizes Cognitive Behavioral Therapy and Collaborative Problem Solving techniques to treat individuals and families. He specializes in treating individuals diagnosed with ADHD, Autism and Asperger's. His private practice is located at 2900 Bristol St., STE G-201, Costa Mesa, CA 92626. His contact information is: (949) 777-6694 or at michaeluram.com. His office hours are Monday through Thursday, 9AM to 9PM.

St. Mary Magdalene Anglican Catholic Church
205 S. Glassell Street
Orange, CA 92866

Greater Orange County CHADD Chapter: www.greaterOCchadd.org
email: ADHDmeeting@gmail.com or call Diane: (714) 490-7022

**Meetings are held every Third Monday and are NO COST and open to the public,
If you are not a member we ask for a \$5 donation.
We are a self-supporting non-profit, through membership and donations.
You do not have to be a CHADD member to attend.**

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 200 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 CHADD NATIONAL, please visit: www.chadd.org

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

Directions St. Mary Magdalene is located in Old Town Orange, one block south from the traffic circle (intersection of Chapman and Glassell). Nearest to the Garden Grove (22) Freeway (off at Glassell/Grand Exit, go North). Also between the 57 Freeway (off at Chapman, go East and 55 Freeway (off at Chapman, go West). Glassell is served by several OCTD bus routes. There is a stop just across the street from the church. Parking is available on the street or public parking behind Avila's Restaurant across the street.