



Life Strategies Workshop for Couples Living ADHD

Only one of you may have the diagnosis—but you are both living with ADHD. And although it may often feel lonely, you are not alone. There are many other couples living ADHD.

Don Baker Life Strategies Workshop for Couples Living ADHD

Saturday, January 7, 2012

Good Shepherd Center, Seattle Wallingford Neighborhood

10:00am – 3:00 pm

This is the first of quarterly workshops in 2012 for Couples Living ADHD. Each workshop is a “stand alone” event. You’re welcome to participate in one or all of the workshops.

In this Life Strategies Workshop we’ll work on building skills for effective and healthy communication. We’ll help you respond to conflict, constructively. And we’ll step back from your everyday couple interactions to look for patterns of behavior, that you probably didn’t see as patterns—but patterns that have an impact on your relationship.

Life Strategies Workshop for Couples Living ADHD – The Agenda

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| 1. The Impact of ADHD on Relationships | 10:00am—12:00 Noon |
| Lunch on your own with some new friends | 12:00 Noon—1:00pm |
| 2. Learning Styles and Their Impact on a Relationship | 1:00pm—3:00pm |

I guarantee—I absolutely believe this!— you’ll leave each workshop with a deeper understanding both, how you are living ADHD, and how to impact your life and relationship in positive ways. There is power and comfort in spending part of a day with nine other couples who are also facing the challenges ADHD creates in relationships. You aren’t alone on this journey!

This is a small workshop with a limit of 10 couples. The cost is \$125 per couple. You can reserve your places by signing up online with Schedulicity.com. Search for Don Baker, and click on Workshops. We’ll send you a confirmation and then request your payment by credit card.