

groups form  
every three  
months:

- october
- january
- april
- july



# Life Strategies

**A Series of Groups for Adults Living with AD/HD**

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- **Life Strategies 101, 201, 301, 401, and 501**
- **10 session groups**
- **Tremendous support, understanding, increased self-awareness, and education about the diagnosis**
- **Group size limited to 8**
- **Facilitated by Don Baker, MA, LMHC**
- **Go to [www.donbakerma.com](http://www.donbakerma.com) for more information**