

ADHD

NON-MEDICATION STRATEGIES FOR MANAGING SYMPTOMS

A group for adults 18 years of age or older needing education and support with symptoms of ADHD (no diagnosis necessary).

For yourself or parents and caretakers of those with ADHD.



Understand what drives Attention Deficit Hyperactivity Disorder (ADHD) symptoms and learn non-medication strategies for managing symptoms whether diagnosed or not. Common symptoms include:

- Distractibility
- Forgetfulness
- Procrastination
- Inattention
- Extreme moods
- Saying with a task
- Trouble listening
- Restlessness
- Disorganization
- Poor follow-through
- and more

Interested?

Schedule an appointment with Dr. Ruggiero at the Northern Arizona Healthcare (NAH) Psychiatry Outpatient Clinic to learn more and determine if this is a good fit for you. Or, discuss this group with your primary care provider if you feel this might benefit you.

NAH Psychiatry Outpatient Clinic: 928-213-6415

Groups are on Wednesdays at 7:30 - 8 a.m., Noon - 12:30 p.m. or 4:30 p.m. - 5 p.m.



Northern Arizona Healthcare