

The Attention Deficit Disorder Association (ADDA) presents:

# Non-ADHD Spouse Peer Support Group

At ADDA our mission is to help adults with Attention Deficit Hyperactivity Disorder lead better lives. We believe happier partnerships, marriages, and families are an integral elements to leading a better life.

## Are you in a committed relationship with an ADHDer?

Do you wish you could talk to other people who are ADHD adjacent? This is the group for you, welcome!

Often the focus with counselors is on the ADHDer's Executive Function issues. What about how ADHD traits and behaviors affect you, the partner?

**This is the place to talk with people who can understand your perspective.**

### Participants can:

- ❖ share winning strategies,
- ❖ ask for advice, or
- ❖ just relate to each other's frustrations

This peer support group offers partners and spouses of ADHDers an opportunity to enhance their understanding of their relationship with realistic and practical ideas for the better. Please join us on Wednesdays.

### To learn more about ADDA Membership visit:

<https://add.org/adda-membership/>

### To sign up for the this group:

<https://add.org/virtual-peer-support-group-spouserelation-ship-peer-group-adhders-non-adhd-spouses/>

Leaders: Mike Fedel

Expert Facilitator Terry Huff providing monthly discussion

Expert Speaker Jill Corvelli providing monthly talks

Sessions: 60 minutes

Dates: 4/26, 5/3, 5/10, 5/17, 5/24 & 5/31

Time: 12pm ET/ 11am CT/ 10am MT/ 9am PT

