



October/November 2021 Schedule

LEARNING LAB #1: Thursday, October 21, 2021, 12 – 1 pm EDT: "The Art of Start: Getting it All Together"

- Blitz #1 Sunday, October 24 - 4:00 - 6:00+ pm EDT
- Blitz #2 Tuesday, October 26 - 6:00 - 8:00+ pm EDT
- Blitz #3 Thursday, October 28 - 9:30 - 11:30+ am EDT

LEARNING LAB #2: Thursday, October 28, 2021, 12 – 1 pm EDT: "Sorting IS Prioritizing: The ADHD Nightmare"

- Blitz #4 Sunday, October 31 - 4:00 - 6:00+ pm EDT
- Blitz #5 Tuesday, November 2 - 6:00 - 8:00+ pm EDT
- Blitz #6 Thursday, November 4 - 9:30 - 11:30+ am EDT

LEARNING LAB #3: Thursday, November 4, 2021, 12 – 1 pm EDT: "Compartmentalize & Label"

- Blitz #7 Sunday, November 7 - 4:00 – 6:00+ pm EST
- Blitz #8 Tuesday, November 9 - 6:00 - 8:00+ pm EST
- Blitz #9 Thursday, November 11 - 9:30 - 11:30+ am EST

LEARNING LAB #4: Thursday, November 11, 2021, 12 – 1 pm EST: "Birth of an ADHD System a.k.a. Maintenance"

- Blitz #10 Sunday, November 14 - 4:00 - 6:00+ pm EST
- Blitz #11 Tuesday, November 16 - 6:00 - 8:00+ pm EST
- Blitz #12 Thursday, November 18 - 9:30 - 11:30+ am EST (GO Forward group will join us for final blitz)

Questions: janine@addiva.net or 919-730-0100

