



September 2021 Schedule

LEARNING LAB #1: Thursday, September 9, 2021, 12 – 1 pm EDT: "The Art of Start: Getting it All Together"

- Blitz #1 Sunday, September 12 - 4:00 - 6:00+ pm EDT
- Blitz #2 Tuesday, September 14 - 6:00 - 8:00+ pm EDT
- Blitz #3 Thursday, A September 16 - 9:30 - 11:30+ am EDT

LEARNING LAB #2: Thursday, September 16, 2021, 12 – 1 pm EDT: "Sorting IS Prioritizing: The ADHD Nightmare"

- Blitz #4 Sunday, September 19 - 4:00 - 6:00+ pm EDT
- Blitz #5 Tuesday, September 21 - 6:00 - 8:00+ pm EDT
- Blitz #6 Thursday, September 23 - 9:30 - 11:30+ am EDT

LEARNING LAB #3: Thursday, September 23, 2021, 12 – 1 pm EDT: "Compartmentalize & Label"

- Blitz #7 Sunday, September 26 - 4:00 - 6:00+ pm EDT
- Blitz #8 Tuesday, September 28 - 6:00 - 8:00+ pm EDT
- Blitz #9 Thursday, September 30 - 9:30 - 11:30+ am EDT

LEARNING LAB #4: Thursday, September 30, 2021, 12 – 1 pm EDT: "Birth of an ADHD System a.k.a. Maintenance"

- Blitz #10 Sunday, October 3 - 4:00 - 6:00+ pm EDT
- Blitz #11 Tuesday, October 5 - 6:00 - 8:00+ pm EDT
- Blitz #12 Thursday, October 7 - 9:30 - 11:30+ am EDT (GO Forward group will join us for final blitz)

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

