



January 2022 Schedule

LEARNING LAB #1: Thursday, January 13, 2022, 12 – 1 pm EST: "The Art of Start: Getting it All Together"

- Blitz #1 Sunday, January 16 - 4:00 - 6:00+ pm EST
- Blitz #2 Tuesday, January 18 - 6:00 - 8:00+ pm EST
- Blitz #3 Thursday, January 20 - 9:30 - 11:30+ am EST

LEARNING LAB #2: Thursday, January 20, 2021, 12 – 1 pm EST: "Sorting IS Prioritizing: The ADHD Nightmare"

- Blitz #4 Sunday, January 23 - 4:00 - 6:00+ pm EST
- Blitz #5 Tuesday, January 25 - 6:00 - 8:00+ pm EST
- Blitz #6 Thursday, January 27 - 9:30 - 11:30+ am EST

LEARNING LAB #3: Thursday, January 27, 2021, 12 – 1 pm EST: "Compartmentalize & Label"

- Blitz #7 Sunday, January 30 - 4:00 – 6:00+ pm EST
- Blitz #8 Tuesday, February 1 - 6:00 - 8:00+ pm EST
- Blitz #9 Thursday, February 3 - 9:30 - 11:30+ am EST

LEARNING LAB #4: Thursday, February 3, 2021, 12 – 1 pm EST: "Birth of an ADHD System a.k.a. Maintenance"

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

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