

How to Register

Don't wait reserve your spot early!!!

We offer an "Early Registration" discount as well as a

"Couple Discount" for anyone who signs up the Wednesday before the meeting.

A discount of \$30-\$60 will be taken of the cost of your meeting for signing up early.

Payments must be submitted by Friday the day before the meeting in order to secure your spot.

Call the office at (318)222-6800 or email at

healing_inc@bellsouth.net

We Accept Cash, Check or Credit Card.

Martin Miller, M.A., Executive Director
Licensed Marriage and Family Counseling
Licensed Professional Counselor
National Certified Counselor
Professional Life Coach



Please call the office to register or for more information

820 Jordan Street, Suite 401
Shreveport, LA 71101
Phone: 318-222-6800
Fax: 318-222-6801

E-mail: healing_inc@bellsouth.net

www.HealingHeartCounseling.Org



ADHD Meeting

Do I have ADHD?



Healing Heart
Counseling Center

Distinctively Christian Professional Counseling

www.HealingHeartCounseling.Org

Meeting Info

Who: **Healing Heart Counseling Center**

What: **ADHD Meeting**

Where: **820 Jordan St. Suite 401, Shreveport, LA**

When: **Saturdays from 9am-12pm**

You can save more than 50% in 3 hours compared to scheduling multiple appointments.

There are no “quick fixes” but this is the next best thing.

The people attending are clients that we at the center know and trust.

The session will be a SAFE and CONFIDENTIAL place to simply listen, learn, ask questions, and share if you want.

Client Comments

- *“Just come and listen. You don’t have to talk. The cost of not coming, doing nothing or trying to do it on our own, will be more than the cost of coming.”*
- *“It’s confidential and there are other people like you- you are not alone.”*
- *“It is confidential, laid back, all those in attendance are non-judgmental because they are in difficult situations also. It provides a wealth of information to equip you in life to bring you out of unhealthy areas.”*
- *“Just try it one time. You would be amazed at what you come away with.”*

What you will learn

- Understanding the symptoms and problems associated with ADHD, including inattention, distractibility and impulsivity.
- You are not alone: Where & how to find support.
- Assessment of ADHD; how is it done and what are the criteria?
- Skills, tips & tools for dealing with the symptoms of ADD / ADHD.
- How to get and stay organized.
- How to manage your time, prioritize and use a planner.
- 119 quick & effective tips for home and the workplace.
- What *not to do* when coping with symptoms of ADHD.
- What are the different types of ADHD?
- And Much Much More!!



Common Symptoms

- **A short attention span or easily distracted.**
- **Impulsivity or restlessness.**
- **Often being forgetful.**
- **Not following through or failing to finish tasks.**
- **Difficulty planning and getting or staying organized.**
- **Frequently misplacing things.**
- **Being chronically late or in a hurry.**
- **Not living up to your potential.**
- **Difficulty being awake, periods of low energy, feeling tired.**
- **Frequent mood swings or short fuse.**
- **Skips around while reading or has trouble staying on track.**
- **Interrupting or intruding when others are talking.**
- **Impatience or low frustration tolerance.**

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