



MANAGE YOUR ADULT ADHD

**Are you easily distracted?
Do you act without thinking?
Do you often feel fidgety or restless?
Do you tend to procrastinate?**

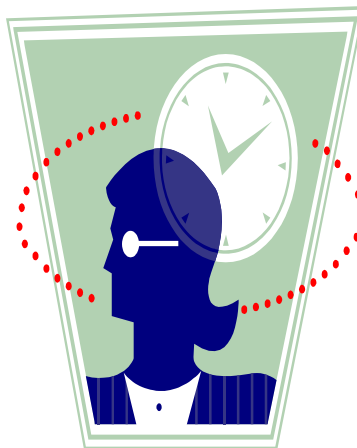
If you answered yes to any of these questions, you may have **Attention Deficit/Hyperactivity Disorder (ADHD)**. To improve your time management and organizational skills, plan on attending our 10-session series that includes topics like: *Organizing and Planning, Reducing distractibility, Skills and strategies for fighting procrastination and more.*

Make an appointment today for your FREE screening!

**Time: 6:30PM-8:00PM Date: Thursdays
beginning June 22, 2006**

**Gilead Family Services
930 Kennedy Street, NW
Washington, DC 20011**

Sign Up Now!



Cost: \$40/session* (workbook included), plus \$50 intake fee

Save \$50 when you prepay!

**May be insurance reimbursable*

**Contact person:
Wanda Wheeler, LICSW
Phone: (202)723-1515
E-mail: info@gilead-dc.com**

Directions:

From points north and east: Take 495 West to route 97 South (Georgia Avenue.) Take Georgia Avenue to Kennedy Street and make a left. Proceed one block to Illinois Ave. The office is in the Northwest Medical Building on the corner of Kennedy St. and Illinois Ave. The entrance is on Illinois Ave.

From points south and west: Take 395N to the 3rd St. NW exit. Make a left on Massachusetts Avenue NW and proceed to 7th Street NW. Make a right on 7th Street. Seventh Street will turn into Georgia Avenue. Make a right onto Kennedy Street NW and proceed one block to Illinois Ave. The office is in the Northwest Medical Building on the corner of Kennedy St. and Illinois Ave. The entrance is on Illinois Ave.

Public Transportation: Georgia Avenue/Petworth stop on the Green line. Take the #62 bus to the corner of Georgia Ave. and Kennedy Street NW. The E2 and E4 buses also stop at that intersection. Walk one block east to Illinois Ave. The office is in the Northwest Medical Building on the corner of Kennedy St. and Illinois Ave. The entrance is on Illinois Ave.

