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**Focus on ADHD and Break the Stereotypes
*A Different Approach to Your Relationships***

Minneapolis, MN - October 22, 2009 – Before you accuse yourself, your partner/spouse, or other family member of inappropriate behavior, discover the key to managing ADHD with a different approach to resolving conflicts in your relationships.

LDA Minnesota and CHADD Twin Cities partner on Saturday, **November 7, 2009**, to host the **Fall ADHD (Attention-Deficit/Hyperactivity Disorder) Symposium** for adults, including spouses and partners, friends, co-workers, and parents of children with ADHD. Experts reveal helpful strategies and holistic approaches to managing the daily obstacles of ADHD and its effects on relationships and individual behavior for all ages. Choose from six breakout sessions on topics such as: *ADHD, You, Your Partner, or Both; Why is My Child Always Angry; and ADHD in the Workplace*. Conclude the day with a wrap-up Q&A with the experts.

In a time when unprecedented numbers are being diagnosed with ADHD, there is still so much the public and even those with ADHD do not understand about this disorder and its tremendous impact on children and adults. While the 6% of America's schoolchildren with ADHD struggle in the classroom, adults with ADHD may suffer unfortunate consequences that range from substance abuse to divorce and job failure.

The family, social, and job relationships of individuals with ADHD are challenged by anxiety, frustration, low self-esteem, depression, and extreme organizational chaos. Treatment is very effective and does not always involve medication. Those with ADHD can learn to break stereotypes and increase awareness to better manage relationships.

"The remedy to frustration is trying something different. Make sure your 'different' is also 'better.' We need direct instruction to learn that better way. And when we can't see a way out, that doesn't mean there isn't one, it simply means we can't see it yet," says Steven Peer, President-elect of CHADD National, President of Emotional Mastery, Inc., a company providing anger and emotion-management programs to professionals in the judicial system, and speaker at the November 7 Symposium.

For more information or to register for the Fall ADHD Symposium, visit ldaminnesota.org, contact info@ldaminnesota.org, or call 952.922.8374. Complete breakout descriptions and speaker profiles are available at www.ldaminnesota.org.

LDA Minnesota is a 501(c)(3) non-profit agency providing comprehensive ADHD services from diagnosis to individual and group counseling to weekly and monthly support groups for adults, including professionals, and parents of children with ADHD.

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