



**ADD
CH.A.D.D**

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CH.A.D.D. (Children & Adults with Attention Deficit Disorder)
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South Bay/So. CA CH.A.D.D., Torrance
 Services: Support group for children and adults with AD/HD meets
 the 2nd Monday of each month at 7:00 p.m. with a guest speaker at
 each meeting.

**Comprehensive Psychological
and Psychiatric Services for
individuals, families, couples,
and groups, treating:**

- anxiety
- depression
- relationship conflicts
- medical evaluation
- medication management

Addiction Disorders

- drug & alcohol dependency
- sexual/internet addiction
- compulsive gambling
- eating disorders
- relapse prevention
- impaired professionals
- adults & adolescents

Behavioral Medicine

- pain management
- stress management
- relaxation training
- self hypnosis
- chronic illness

Threat Assessment

- workplace violence evaluation
- violence prevention consultation
- fitness for duty evaluation
- critical incident debriefing
- anger management

Performance Enhancement

- sports psychology
- executive coaching

South Bay Monthly Meetings

2005-2006 Calendar below which lists meeting dates/days.

Meeting Time: Check in starts at 6:45 p.m.. The speaker's presentation begins at 7:00 p.m. Support group discussions begin after the speaker's presentation at approx. 8:15/8:30 p.m. and end at 9:00 p.m.

Location: Meetings are held at the Center for Health Education Building at the Little Company of Mary Hospital, 4101 Torrance Blvd., Torrance CA. The Center for Health Education Building is located behind the hospital. Enter the hospital at the Earl Street entrance and look for parking near the Center for Health Education Bldg, located on the right corner of the Earl Street entrance.

Meeting Format: The meetings feature a speaker on some aspect of ADHD followed by Q&A. The three support groups (Adults, Parents with School-Age Children, and Parents with Teens) meet after the speaker.