



**King County
Board for Developmental Disabilities**

Event Announcement

Adulting with Attention-Deficit/Hyperactivity Disorder (ADHD)

Please join us for an in-person King County Board for Developmental Disabilities sponsored event: *Adulting with Attention-Deficit/Hyperactivity Disorder (ADHD)*. The event will be held on Saturday, August 5, 2023, from 1:00 – 3:00 p.m. at the Tukwila Community Center located at 12424 42nd Avenue S., Tukwila. More information about the event is provided below, including the required link to register.



What is ADHD? Is it a developmental disability? How does ADHD affect everyday adult activities like navigating relationships, success in higher education and the workplace, parenting, or managing finances?

How does ADHD intersect with behavioral health?

This event will explore these wonderings and more through a panel discussion centered on awareness and the experiences of adults with ADHD. The event will also be an opportunity to network, share resources, and build community. This event is open to all King County residents. Masks are welcome, but optional. Light refreshments will be served.

AGENDA

Welcome

Adulting with ADHD Panel Discussion

Networking, Resource Sharing, and Socialize

Space is limited and registration is required on Eventbrite. Registration closes on July 21, 2023, at 2:00 p.m. or when tickets are sold out.

To register on Eventbrite, open the link below:

<https://www.eventbrite.com/e/adulting-with-adhd-tickets-668300273107?aff=oddtcreator>

When registering for the event, you will be asked to request accommodations, language supports, and suggest topics about adult ADHD for the panel to discuss.

Questions? Please contact Jim Ott, Program Manager, King County Developmental Disabilities and Early Childhood Supports Division at Jim.ott@kingcounty.gov or by phone at 206-263-9060.