

# ADHD Mastery Workshop for Parents

Thursday APRIL 25<sup>th</sup> 6:30pm

**How to help kids suffering with Mental Illnesses Overcome them!**

All parents of kids labeled with any mental illnesses are invited to come out on APRIL 25<sup>th</sup> at 6:30pm to First United Methodist Church in Shadyside...to discover how to help your child unleash their potential!

Join, ADHD Master Coach Tom Menditto, who was labeled with 5 mental illnesses, from age 2 to 8, and told he may never be functional in society. He has proved 10 "specialists" wrong living 14 years symptom and meds free, and will share everything you need to know for your child to do the same. Learn exactly what is going on with your children, how to help them, the best techniques, how to end the self-negativity, anger issues, overstimulation, and sensory issues, and what will allow them to unlock their potential. Come see a positive vision for your child, and receive a step by step plan of action on how to manifest it.

Coach Tom sees a movement of young people who rise to see they are not this label or that, but are beautiful and wonderful, and are here to change things. This invitation is for parents to be part of that movement and to help these special kids and to inspire them. This workshop would normally be \$50 per participant, but for Autism Awareness Month the fee is waived and it is FREE. However, space is extremely limited! RSVP and Catch you there! Enter in the glass doors around back and follow the signs.



## Details

**Date:** Thursday April 25<sup>th</sup>

**Time:** 6:30pm-8:30pm

**Location:** First United Methodist Church  
5401 Center Ave  
Pittsburgh Pa 15232

**CALL 215 -307-9855 to RSVP or for questions.**

## What you will learn:

- Learn about intervention methods, activities, and techniques that you can apply today to change your child's life!
- Learn what your child is really experiencing and how to help them!
- Discover the various learning styles, and learn what your child's is!
- Understand how food, the environment, and others aspects play into ADHD and other mental illnesses
- Understand exactly how your child can overcome ADHD, and other mental illnesses based on how Coach Tom did it! Learn what exact steps you can take that will enable them to do the same!
- Learn how to help them conquer self-negativity, and end the cycle of destruction and anger!
- Discover the research into how changing brain structure and physiology is possible!! Learn about the Self Mastery System and more!!!

## About ADHD Master Coach Tom



**Tom Menditto, Ph.B., TCQT** is an ADHD Master Coach and a certified Tai Chi and Qigong Teacher with over 15,000 hours of training, teaching, and coaching experience. Tom has completely overcome ADHD and 4 other mental illnesses including OCD, Bipolar, Tourettes Syndrome, ODD, etc... being over 14 years symptom and meds free! He has an Honorary Research Degree known as a Ph.B. in the field of Transpersonal Psychology, Human Potential, and Tai Chi Physiology. He has worked as a professional consultant and speaker for fortune 500s, many non-profits and organizations, and has coached hundreds of clients through the years. He runs a global coaching company helping families and individuals all over the world do as he has done through the Self Mastery System he has developed. His system has been taught over the years to doctors, therapists, counselors, and clinicians. **He can be reached at [tom@pittsburghadhdcoach.com](mailto:tom@pittsburghadhdcoach.com) or 215-307-9855 for questions.**