



# MINDFULNESS SERIES MARCH 2026



A mindfulness-focused four-part webinar series designed for individuals with ADHD and those seeking practical strategies and resources to enhance daily organization.

**TUESDAY  
MARCH 3rd  
FROM  
2:00 - 3:00PM**

**Session 1: Getting to Know ADHD: Accepting the Diagnosis and Committing to Self-Improvement.** This session will dive into what it means to have ADHD, how it affects everyday life, and tips for making progress. Click [here](#) to register and join us virtually.

**TUESDAY  
MARCH 10th  
FROM  
2:00 - 3:00PM**

**Session 2: Time Management**  
Find out how to make tasks easier and prioritize them. Let's create a to-do list, tackle any emotional blocks, and figure out how to get motivated and take action. Click [here](#) to register and join us virtually.

**TUESDAY  
MARCH 17th  
FROM  
2:00 - 3:00PM**

**Session 3: Organizing Your Life**  
Strategies for establishing, managing, and maintaining an effective organizational system. Click [here](#) to register and join us virtually.

**TUESDAY  
MARCH 24th  
FROM  
2:00 - 3:00PM**

**Session 4: Engage in a Mini-initiative**  
Pick a task, set a goal, and practice completing it using organization and time management skills. Click [here](#) to register and join us virtually.