

# CHILD GROUPS



# EXECUTIVE FUNCTION DISORDER

Does your child or teen struggle with poor attention, impulsivity, and reduced frustration tolerance? Do problems with poor planning, time mismanagement, and difficulty organizing and “getting started” interfere with your child’s school performance?

Our research-based group combines psycho-education and goal-oriented cognitive behavioral techniques (CBT) to address core executive skills for children and teens with ADHD and executive skills deficits. Participants work to develop and meet weekly personal goals.

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## Helping Children with ADHD...

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- ▶ Learn to “stop” before acting
  - ▶ Control their emotions
  - ▶ Cope with stress
  - ▶ Increase flexibility
  - ▶ Self-monitor
  - ▶ Sustain attention
  - ▶ Improve working memory
  - ▶ Sense and manage time
  - ▶ Get organized
  - ▶ Learn how to plan
  - ▶ Get “started” on tasks
  - ▶ Persist with their goals

## Enrollment and Group Information

Group sessions run weekly for 12 weeks in our Wellesley Hills location. Group participants are matched by age. Suitable candidates include children and teens who are motivated to work on their challenges and who do not present with significant behavioral problems. Some parent participation is required. Please visit our website or contact our offices for enrollment information. **Enrollment is limited.**

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