

Attention Please

LEARN TO WORK WITH YOUR ADHD, NOT AGAINST IT



This skills-based therapy group is designed for those who identify with ADHD and/or struggle with executive functioning challenges such as time management, organization, task initiation, follow-through, emotional regulation, and overwhelm. In this group, we focus on practical, realistic strategies - not "just try harder" advice. Together, we'll build skills to help you work with your brain rather than against it.




Group topics may include:

- Task initiation and follow-through
- Time blindness and planning
- Organization systems that are actually sustainable
- Emotional regulation and frustration tolerance
- Reducing shame, burnout, and self-criticism
- Creating routines that flex instead of fair

*WE ARE IN NETWORK WITH MOST MAJOR INSURANCE PLANS

DAY & TIME TBD BASED ON THE NEEDS AND PREFERENCES OF GROUP PARTICIPANTS.

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