

EXECUTIVE FUNCTIONING SKILLS GROUP

with Kevin Jones, LPA



FOR ANYONE STRUGGLING WITH:

- Forgetfulness
- Starting Tasks
- Following Through
- Planning
- Impulsivity
- Organization
- Distractibility
- Time Management
- Feeling Overwhelmed

WHAT WILL I GET OUT OF IT?

- Understand Executive Dysfunction
- Focus on multiple areas that apply to **YOU**
- How to understand barriers to success
- How to develop new strategies
- How to refine **YOUR** strategies
- Having fun improving with others!

WHEN AND HOW OFTEN?

- 6 week program
- 1 hour session each week
- In-Person (6-10 members)
- Self Pay



VISIT OUR WEBSITE FOR MORE INFORMATION



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