

Is ADHD interfering with your work, school or home life?



CBT FOR ADULT ADHD: EXECUTIVE FUNCTION (EF) SKILLS DEVELOPMENT PROGRAM

This evidenced-based 8-session program will teach participants EF compensatory skills to improve their functioning in life domains affected by ADHD. You will learn:

- How to make peace with the diagnosis,
- The ins and outs of time management,
- How to make tasks more manageable,
- How to set up and maintain an organizational system,
- The tricks of self-motivation, and
- How to overcome external and internal obstacles.

Date: Monday, March 25 to May 13, 2019

Time: 18:00 – 20:30 pm

Location: 309 Berrigan Drive, Ottawa (Barrhaven)

Cost: \$650 +HST

(covered by most extended health care benefits)

REGISTER NOW

Contact: Zsuzsa Grandpierre, MA (Ed), RP, CCC

Email: zsuzsa@bmindful.ca

Phone: 613.282.9397

bmindful.ca

