

# Join our weekly group for TEENS with ADHD

1

Learn how to  
manage  
everyday tasks

2

Learn how to  
problem solve

3

Learn how to  
adapt to new  
situations

4

Learn how to  
filter  
distractions

5

Group meets  
Mondays for 8  
weeks

6

2 bonus parent  
only groups

7

Virtual,  
Interactive  
Coaching Group

8

Group Limit 8

If interested, please email  
[valleyADHDfamilies@gmail.com](mailto:valleyADHDfamilies@gmail.com)