



**New Agenda**

## Virtual Group for Adults with ADHD

### ***Executive Function Challenges***

Executive Function (EF) challenges are not 'outgrown' once you become an adult. As life changes and demands increase, we need to adjust our strategies and approach.

We are excited to invite you to join our **4-week Virtual Group for Adults with ADHD**. Whether you've been recently diagnosed or have been navigating ADHD for years, this group is a safe and welcoming space where you can share experiences, learn more about **executive function challenges**, and **explore strategies for managing career demands, family obligations, and household responsibilities**.

#### **Possible Topics Include:**

- Time Management
- Organization
- Home Management
- Workplace Navigation
- Social and Leisure
- Health and Wellness
- Personal Goal Setting

**Email, text, or call to register.**



**When: 9/12, 9/19, 9/26, 10/3**  
**Choose 12:00 or 7:00pm**

**Where: Online via Zoom**

**Duration: 1 hour**

**Cost: \$120**

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Executive Function Coaching