



# Virtual Group for Parents of Children with ADHD

## ***Children and Executive Function Challenges***

Strong Executive Function skills lead to higher performance. Research has proven that improving EF Skills has life-long benefits for children, teens, and college students.

We are excited to invite you to join our **4-week Virtual Group for Parents of Children with ADHD**. Whether your child has been recently diagnosed or you've been navigating ADHD for years, this group is a safe and welcoming space where you can share experiences.

### **Possible Topics Include:**

- Time Management
- Organization
- Chores and Responsibilities
- Social and Leisure
- Sleep Hygiene
- Self-Care Routines
- Personal Goal Setting
- Impulse Control

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



**When: 9/11, 9/18, 9/25, 10/9**  
**Choose 12:00 or 7:00pm**

**Where: Online via Zoom**

**Duration: 1 hour**

**Cost: \$120**

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**New Agenda**

Executive Function Coaching