

GUYS GROUP: FOR ADHD SUPPORT

JAMES GOODLAD, PHD



**MONDAYS AT 5PM
MIDDLE SCHOOL BOYS
\$65/WEEK**

Join Dr. James Goodlad for an 8-week group focusing on helping middle-school aged guys work through issues related to ADHD. Topics will include improving self-regulation (e.g., behavioral and emotional), increasing self-awareness, and improving friendships. Although this group will involve some skill-building (e.g., coping with anger, organizational strategies) the primary purpose is talking out issues with other guys and support.

For More Information and To Register Call:
615.373.9955

Or Email: jjansen@southeastpsych.com