



A.J. HERITAGE, PHD

ADHD AND ME GROUP

TUESDAYS AT 5PM

AGES 8 - 11

\$85/Meeting

This group is for kids who have difficulty wrangling their behavior and/or emotions. Group members will learn and practice skills to help in both these areas, all within a social context. Skills will include how to identify and communicate feelings to others, how to keep calm when annoyed, frustrated and angry, staying on task/following directions and many more! Group members will leave group with the confidence to use their skills effectively at home, with friends, and at school!

For More Information and To Register Call: 615.373.9955

Or Email: jjansen@southeastpsych.com

