

Parenting Group: Supporting Your Child's Executive Functioning

Purpose: This group program will provide parents and caregivers with important information about executive functioning and how it impacts children and teens with ADHD. Group members will learn tools and strategies to help them support their children with the areas of executive functioning that are challenging for them, and practice applying them in their homes. Through a combination of psychoeducation, self-reflection, role-play, and real-life practice and experimentation, group members will gain insight and skills to help their young people be more successful.

Participants: Parents and caregivers of children 6-18 with executive functioning difficulties associated with ADHD.

Format: 10, 90-minute weekly to biweekly group sessions.