



ATTENTION & SELF- REGULATION GROUP

Sept-Oct, Tuesdays from 4pm-5:30pm

This 6-week group will teach *middle school students* skills to help boost attention and executive functioning. A pre-screening interview is necessary to join the group. Most private insurances will cover the cost (payment plans available). Call to schedule!



PTARMIGAN
CONNECTIONS

CONTROL EMOTIONS

RESOLVE CONFLICT

PAY ATTENTION

WORK
INDEPENDENTLY

RESIST PEER
PRESSURE

GET ORGANIZED

USE TIME WISELY

RESIST IMPULSES

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