

Got Adult ADHD?



Understand Your Brain & Get More Done

This 8-Week Course Will Cover

- **Current Research in ADHD**
- **Why ADHD is Really a Disorder of Executive Functioning**
- **Comprehensive Adult Intervention**
- **Research-Based Treatment Techniques**
- **Complementary and Alternative Treatments**

The primary focus of the course will be on implementing pragmatic approaches and techniques to improve organization, planning, time-management, initiation, project completion, problem-solving, motivation, and reduce distractibility.

ABILITY
Services

Ashland and Medford
www.abilityserve.com

Starts October 04, 2013
Wednesdays, 7:00 - 8:30 pm
385 E. Main Street, Ashland

For More Information, Call
541-326-9465
Glenn Gelfenbein, MA
Licensed Professional Counselor
and ADHD Coach