

## Registration

Please complete the following and return it with payment to confirm your registration.

Child's Name: \_\_\_\_\_

\_\_\_\_\_

Child's School: \_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parents' Names: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (H) \_\_\_\_\_

(W) \_\_\_\_\_

## Method of Payment:

Cash  Cheque  VISA/MASTERCARD

VISA/MASTERCARD (Circle the type of card):

# \_\_\_\_\_

Expires: \_\_\_\_\_

Please check which session you are registering for:

### Session #1:

October 23, 2019 (Ages 8-12)

### Session #2:

February 19, 2020 (Ages 13-16)

### Session #3:

April 8, 2020 (Ages 8-12)

## MIND MATTERS CLINIC

### Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

#### Also available on premises:

Speech and Language Therapy Service.

**3-1250 Waverley Street  
Winnipeg, Manitoba  
R3T 6C6**

**Phone: (204) 477-8555**

**Fax: (204) 487-4248**



**3-1250 Waverley Street  
Waverley at Buffalo Place  
[www.mindmattersclinic.ca](http://www.mindmattersclinic.ca)**

# ADAPTING TO ADHD/ ORGANIZATIONAL SKILLS GROUPS

**Groups for Children and Youth  
8 to 16 Years Old**



**mind**  
matters  
clinic

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## Adapting to ADHD/Organizational Skills Groups for Children and Teens Ages 8-16

THE FOCUS OF THESE GROUPS WILL BE TO HELP YOUNGSTERS WHO HAVE SYMPTOMS OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) DEVELOP COMPENSATORY SKILLS IN THE AREAS OF IMPULSE CONTROL, ATTENTION AND CONCENTRATION, AND, ORGANIZATIONAL SKILLS.

### SOME OF THE SKILLS THAT WE LEARN INCLUDE:

- organizing your day and your home/school living spaces
- learning methods to retrieve forgotten information/lost items
- developing better problem-solving skills
- acquiring strategies to minimize restlessness and hyperactivity
- developing better attention and concentration
- developing stronger impulse control
- learning about personal strengths and weaknesses, and how to use one's strength to compensate for weakness



## Coping With ADHD/Organizational Skill Groups

Organizational skills are the rate limiting factor to success at school, work, and in one's personal life. Many children are not naturally inclined towards organizing their space or thinking about how to act in an efficient manner. Due to a long history of being unable to succeed at tasks which require organization and problem-solving, these children are frequently overwhelmed, and feel defeated before they even try.

Our groups are designed to teach children and adolescents the importance of organization, and some of the keys to being successful at it. We will also try to impart upon your child that there is no problem so big that they cannot solve, and to give them a few techniques to begin the problem-solving process.



## Times and Dates

ADHD Coping/Organizational Skills Groups run every Wednesday afternoon, from 4:15-5:30 on the following dates;

### FOR CHILDREN BETWEEN THE AGES OF 8-12:

#### SESSION 1:

October 23, 30,  
November 6, 13 & 20, 27, 2019

or

#### SESSION 3:

April 8, 15, 22, 29,  
May 6 & 13, 2020

### FOR CHILDREN BETWEEN THE AGES OF 13-16:

#### SESSION 2:

February 19, 26,  
March 4, 11, 18, & 25, 2020

## Fees

**\$110.00** for each of the six Group Sessions.  
(**\$660.00** total)

If you are not already a patient of Mind Matters Clinic, an individual interview with parent and child will be required. The cost of the 50 minute individual session will be \$190.00

## Registration Deadlines:

Session 1: October 16, 2019

Session 2: February 12, 2020

Session 3: April 1, 2020

Individuals with Extended Health Care Benefits will likely be eligible for reimbursement for a majority of the fees. Check your benefits to determine whether you are covered for the services of a 'Registered Clinical Psychologist'. Call us to determine how your coverage can be applied to the fees.