

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:

Ages 8-12
November 6, 13, 20, 27, December 4 & 11, 2024
or

Session #3:

April 9, 16, 23, 30, May 7 & 14, 2025

Session #2:

Ages 13-16
February 12, 19, 26, March 5, 12, 19, 2025

Registration Deadlines:

Session 1: October 25, 2024

Session 2: January 31, 2025

Session 3: March 21, 2025

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.

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**3-1250 Waverley Street
Waverley at Buffalo Place
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:

November 6, 13, 20, 27
December 4 & 11, 2024

or

SESSION 3:

April 9, 16, 23, 30
May 7 & 14, 2025

FOR CHILDREN BETWEEN THE AGES OF 13-16:

SESSION 2:

February 12, 19, 26
March 5, 12, 19, 2025

Fees

\$130.00 for each of the six Groups Sessions (\$780.00 total), and \$225.00 for the Individual Session with Parents (this session can be billed to either parent or child).

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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.