



EXECUTIVE FUNCTIONING GROUPS

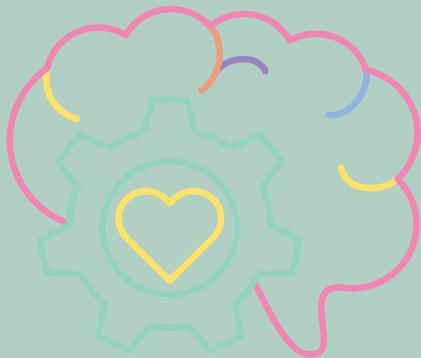
What is Executive Functioning (EF)?

Executive functioning is a set of mental skills that help people manage their thoughts, actions, and emotions to achieve goals. These skills are essential for planning, organizing, focusing attention, remembering instructions, managing time, regulating behavior, and adapting to changing situations.

These skills develop gradually and are critical for success in school, work, and daily life. Individuals who struggle with executive functioning may find it difficult to complete tasks, stay organized, or regulate their emotions.



Details



- Executive Functioning Groups are offered weekly on a rotating schedule based on interest and demand.
- Structured small, supportive group sessions focused on building essential executive functioning skills and strategies, including:
 - Organization
 - Time management
 - Planning
 - Self-regulation
- The groups are led by Certified and Experienced Speech-Language Pathologists with mastery training in evidence-based strategies to improve attention, memory, and self-regulation.
- Group placement will be determined based on participants' age and skill level to ensure appropriate peer matches and targeted support.

Cost

Cost is **\$400** for 6-week group*

**You must pay for the entire 6-week program prior to start of group.*

**Insurance not accepted.*



Spaces Are Limited – Call or email us to see if the group is a good fit for your child!