

EXECUTIVE FUNCTIONING GROUP

GROUP OVERVIEW

- Organization
- Planning
- Time Management
- Focus & Attention
- Making Phone Calls
- Problem-Solving
- Decision Making
- Meeting Deadlines
- Task Initiation
- Adaptability
- & More!

DATE & TIME

Every Other Friday:
5:30-6:30pm

CONTACT

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27713

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WHO IS THIS GROUP FOR

This group is ideal for 17-25 year-olds looking to improve their executive functioning skills, whether it's in a professional setting, school, or day-to-day life. It's particularly helpful for those who experience challenges with staying organized, managing time, or following through on tasks.