

DIVAS: SUMMER GROUP FOR TEENS

WHO: Females with ADHD, ages 13 to 15

WHAT: Group Therapy focusing on increased awareness of the teen's understanding of ADHD, how it impacts them, and how to better communicate with their peers and parents

WHEN: Thursday afternoons June 7 to August 2 (excluding July 5)
4:00 to 5:00 for the teen and 5:00 to 5:30 for parents

WHY: Summer can be a particularly difficult time for young teens—especially those with ADHD. While the structure of school and demands for completing homework are difficult, the lack of structure and increased freedom poses different challenges. Our experience tells us that summer is a time when young teens begin to test the limits of their parents' authority and are more likely to experiment in risk-taking behaviors. This group will focus on helping the teens better deal with the temptations of summer and helping parents know how to provide structure while allowing some independence.

COST: \$70 per session