



CHOICES & CHALLENGES Harnessing the ADHD Gift ***Back to School Prep Group***

This group designed specifically for ADD/ADHD teens will focus on:

- Providing detailed instructions on getting your teen organized for school. A specific system will be explained that utilizes color-coded calendars and folders, flash cards, locker organization tools, and dry-erase boards. *The items discussed in the class will be available for purchase at cost through NCO. Some of the items, such as a \$20 binder are strongly recommended for use in this class.
- Overview of home suggestions on how to create a consistent work environment
- Study strategies
- Information for parents on making requests for modifications on IEPs and 504 plans
- Tips for parents to effectively communicate with teachers and receive progress reports

*This group will be led by clinical therapists and a Special Education teacher with over 15 years of experience in working with youth with LD and ADD issues.

The Back-to-School Prep group has separate meeting times for parents and teens. There will be 2 sections of this group with a limit of 10 teens in each section. The information presented in this group is designed to be appropriate for both jr. high and high school teens.

The group has meetings prior to school starting on August 7th, 12th, and 14th to get parents and teens prepared to begin school. Once school begins, there are follow-up meetings to ensure that parents and teens are on-track with organization, etc. These dates are September 11th, 16th, and 18th. *Please call for more details on the schedule.*

The cost of the group is \$250 per teen. Supplies to be purchased will be offered at cost to parents during the group. Scholarship money is available as needed.

To reserve a spot in the group, please contact Kari Wittmann Lata at 630-717-9408 or kwlata@ncoyouth.org