



MASTER MINDS GROUP

Skills for Independence and Success

Master Minds is a small 6-week group for children ages 8 to 12 who struggle with the challenges of having an ADHD brain. Sessions will include activities to learn and practice:

Executive Functioning Skills

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| P lanning/Prioritizing | T ime Management |
| O rganization | I nitiating/Getting Started |
| W orking Memory/Sustained Attention | P roblem-Solving |
| E mootional Control | S elf-Awareness/Monitoring |
| R esponse Inhibition/Self-Control | S hifting/Flexibility |

- WHEN:** Session 1 – Tuesdays 2:30-4:00pm (6/7, 6/14, 6/21, 6/28, 7/5, 7/12)
Session 2 – Thursdays 1:00-2:30pm (6/30, 7/7, 7/14, 7/21, 7/28, 8/4)
- WHERE:** 7070 Knights Court, Suite 203, Missouri City, TX 77459
- WHO:** Nicole Moore, LPC (Licensed Professional Counselor)

TO REGISTER: \$420 registration fee
info@missouricityfamilies.com
(832) 500-3563

