



## **Therapy Group / Workshop:**

### **“Train Your Brain”**

**First Group: 11/01/21-11/22/21**

**OR**

**Second Group: 11/03/21-12/01/21 (no meeting on 11/24)**

#### **Do you have difficulty with...**

- Initiating work
- Transitioning between tasks
- Planning or organizing
- Managing time
- Sustaining attention?

If so, join our 4-week group beginning **11/01/21** from **5-6:30pm** to strengthen your executive function and coping skills!

This group will meet in-person once a week on Mondays. To join our waitlist for this group workshop, please email us at [meltzercenter@gwu.edu](mailto:meltzercenter@gwu.edu) or call 202-994-9072.

**\$25 for all 4-weeks**

COVID-19 precautions and protocols will be followed.