

## NCO's ADD/ADHD Programming

\*All groups to be held at 1601 Bond Street, Suite 309, Naperville, IL 60563, unless otherwise noted. (Bond Street is 1 block East of Rt. 59, off of Diehl Rd.)

\*Scholarship money available on a limited basis. Please inquire if needed.

\* Contact Kari Wittmann Lata for inquiries/registration for groups at 630-717-9408 or [kwldata@ncoyouth.org](mailto:kwldata@ncoyouth.org).



## CHOICES & CHALLENGES Spring 2009 Schedule

### ADHD in Action (Parents and kids)

An activity group for ADHD boys and girls, ages 7-10, and their parents. Weekly meetings will alternate between parents and kids, so that parents get educated on how to best help their child, and kids get a chance to practice self-management and peer relational skills. We will use a combination of education, discussion, and activities to help kids understand this diagnosis and apply new skills within the group setting. Led by Jessica Lieberman, Special Education Consultant, Sherry Broshous, and Ron Hume, Executive Director.

**Pre-registration required.** Fee: \$315 total (\$45 a session for a total of 7 sessions)

**Saturday's 3/14/09 – 5/9 /09, 10:30-noon (no meetings on 3/28 or 4/4 due to spring break)**

### Teens with ADDitude

For teens (male and female), this 6 week group will focus on developing ADHD management skills, including increased self-awareness, reducing impulsivity, mood management, enhancement of peer relational skills, improved communication with family, and organizational skills. Special emphasis on preparing for finals in this session. Led by Jessica Lieberman, Special Education Consultant, and Sherry Broshous.

**Pre-registration required.** Fee: \$210 total (\$35 a session)

**Thursday's 4/16/09– 5/21/09 6:30pm-7:30pm JR HIGH/Middle school teens**

**Thursday's 4/16/09– 5/21/09 8:00pm-9:00pm HIGH SCHOOL teens**

### Parents and ADHD

A casual once a month drop-in group for parents who want to further their understanding of ADHD and how to best manage it within their household. This group will allow parents to ask tough questions, learn something new, and gain support from other parents. Led by Kari Wittmann Lata, Clinical Director.

\$20 a meeting (your first meeting is free)

**The 1<sup>st</sup> Tuesday of every month, 6:00pm-7:00pm (please register by 4pm the day of the meeting each month by contacting Kari at 630-717-9408 or [kwldata@ncoyouth.org](mailto:kwldata@ncoyouth.org))**



[www.ncoyouth.org](http://www.ncoyouth.org)

Ongoing Services:

**ADHD Consultation, Training, and Educational Support** – meet with a special education teacher for individualized consultation. Contact Kari Wittmann Lata at 630-717-9408.

**Individual, Family, and Couples Counseling**- Meet privately with a therapist to help process the surrounding ADHD issues an individual or family may be facing. Contact Angie Michalak at 630-961-2992 ext 224 to learn more about counseling.