



10-Week ADHD Skills Group for Adults

Practical Tools for Managing ADHD in Everyday Life
Offered at the West Island Neuropsychology & Counseling Center

✦ About the Group

Are you an adult with ADHD who struggles with time management, organization, or emotional regulation? This 10-week group, led by Occupational Therapist **Allana Goodman**, blends **Cognitive-Behavioral Therapy (CBT)** with **practical, occupation-focused strategies** to help you function more effectively in your daily life.



What You'll Learn

Each 1.5-hour weekly session focuses on real-life skills, using CBT and OT strategies to support your functioning at home, work, and beyond:

Week 1: Understanding ADHD & Daily Life Impact

- Learn how ADHD affects your routines, responsibilities, and roles.
- Explore how OT and CBT can support positive change.

Week 2: Time Management in Real Life

- Improve your ability to estimate, track, and manage time.
- Practice using tools like planners, reminders, and time-blocking.

Week 3: Organizing Space & Tasks

- Identify how disorganization interferes with daily functioning.
- Build strategies to declutter and organize your physical and mental space.

Week 4: Planning & Prioritizing

- Learn to break down tasks and set realistic goals.
- Use OT tools for planning and decision-making.

Week 5: Tackling Procrastination

- Understand the procrastination cycle and how it affects your life.
- Practice small-step strategies to get started and follow through.

Week 6: Restructuring Negative Self-Talk

- Identify unhelpful thought patterns that hold you back.
- Learn CBT techniques to build self-confidence and motivation.

Week 7: Managing Distractions

- Explore personal and environmental distractors.
- Learn how to stay focused using simple, ADHD-friendly strategies.

Week 8: Emotional Regulation

- Understand how ADHD affects emotional responses.
- Practice calming and grounding techniques that support persistence.

Week 9: Building Motivation

- Connect with your values to drive meaningful action.
- Create personalized motivation systems that work for your brain.

Week 10: Pulling It All Together

- Reflect on your growth and set up a plan to keep moving forward.
- Leave with a toolkit of strategies you can keep using for life.

Group Details

Facilitator: Allana Goodman, Occupational Therapist


Location: West Island Neuropsychology & Counseling Center
3883 boulevard Saint-Jean, Suite 102, DDO

Duration: 1.5 hours per week for 10 weeks

Start Date: TBD

For pricing, scheduling, and registration:

Kelli (Clinic Manager and Client Care Coordinator)

 514-505-9462

 kellid@wincc.ca