



## LIGHTHOUSE PSYCHOLOGY SERVICES

Dr. Michael Lee Zwiers and Associates

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# More Than Just Making Lists!

## Young Adult ADHD Group

### Learn how to Manage ADHD:

- **Learn about ADHD & Yourself**
- **Organize your time & your life**
- **Get things done & get unstuck**
- **Manage emotions & stress**
- **Be assertive in relationships**
- **Be healthy**
- **Manage addictive behaviour**

- Who?** You! (Age 18-30)
- Program:** Ten 2-hour Sessions
- Dates:** Jan. 25 – Mar. 29, 2023
- Time:** Wednesdays 6:00 – 8:00
- Cost:** \$120 per 2-hour session  
(psychological service)  
**Total cost: \$1,200**
- Location:** Lighthouse Psychology  
Boardroom (2<sup>nd</sup> Floor  
1609 – 14 Street SW)
- Psychologist:** Sean Colvin, MSc.

### How it Works:

This ADHD treatment program gives you a series of skills to manage your own ADHD. The group model uses Social Behavioural Cognitive Therapy (SBCT).

**Social:** You will learn skills in a group context with others who you can relate to, who will support you and encourage you.

**Behavioural:** To learn how to manage ADHD, you will need to make changes in your life. This group will help you learn skills and give you an opportunity to practice them both in sessions and at home.

**Cognitive:** Our thinking habits can help or hinder us. In this group, you will learn healthy mental attitudes and coping strategies.

**Interested? Call us to sign up or find out more. (403) 286-5411**