

## 6-week ADHD Group Program 16 to 25 year olds



### Program Details

This 6-week group program will help you better understand and manage your ADHD.

### Participants will learn:

- What is ADHD?
- How ADHD is Treated
- Cognitive Strategies
- Sleep Strategies
- How to Optimise Health for ADHD

### Dates and Times

Start: 6<sup>th</sup> March – 10<sup>th</sup> April  
2024

Wednesday afternoons  
4:00pm – 5:30pm

### Location

Spectrum Clinic  
Level 3, 137 George St  
East Fremantle

### Cost

Fees are paid upfront

\$600 for the full program |  
\$100 per session

It is recommended you provide a GP Referral to be eligible for a Medicare Rebate (\$32.45 per session) which will be applied after each session you attend.

### Group Facilitators

Dr Jacenta Goga,  
Clinical Neuropsychologist

Dr Jasmyne Sanderson,  
Clinical Neuropsychology  
Registrar

## Register Today

Limited Places Available!