

## Group Aim, Content, and Participants

**Executive Functioning Group Therapy** is aimed at helping adolescents in Grades 6 to 8 to become more independent in completing tasks. Specifically, this group will address the following skills, but not limited to:

- staying on task
- planning
- following-through
- remaining organized
- adapting to unexpected situations
- managing time
- self-monitoring

Sessions will include role-playing, development of functional strategies for school and home, and activities to enhance cognitive rehabilitation. The first and last group sessions will take place with a caregiver present to assist participants in applying the content learned in the group to real-world settings beyond the clinic.

This group is facilitated by a Registered Occupational Therapist and will take place in-person at the clinic.

A complimentary pre-group screening is offered to determine group appropriateness.

## Group Information

### **Duration**

60 minutes/session

### **Length**

8 weeks

### **Cost**

\$600.00 CAD - *Check with your insurance provider for coverage*

### **Dates and Time\***

Session 1: Thursdays from October 10 to December 5, 2024; 5:00 p.m. – 6:00 p.m. (Grades 6 to 8)

Session 2: Thursdays from October 10 to December 5, 2024; 6:15 – 7:15 p.m. (Grades 9 to 12)

\*Excludes Thursday, October 31, 2024

For more information, please contact [groups@boomeranghealth.com](mailto:groups@boomeranghealth.com).

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