

# READY, SET, FOCUS

FREE 6-week workshop  
Addressing ADHD & related issues

## Develop Skills to Reduce:

- ✓ Overwhelm
- ✓ Procrastination
- ✓ Distractibility
- ✓ Disorganization



Fridays 10:00 or 10:30 am

Sessions in September  
and October!

For more info:

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