

Unstuck & On-Target

A Group for Children to Improve Flexibility & Executive Functioning Skills

Group Details

A six week group led by psychologists for children ages 8-11 who struggle with executive functioning related to ADHD and/or Autism. Best suited for children with average verbal ability. Parents are provided with tools to promote their child's learning at home.



Areas of Focus

- Cognitive Flexibility & Reducing Rigidity
- Task Planning & Initiating
- Organization & Goal Setting
- Coping Skills
- Emotional Regulation

About Unstuck

An evidence based curriculum. Research showed this program helps children become more flexible problem solvers, with better abilities to follow directions, make transitions, and avoid meltdowns and negativity



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