



# **ADHD GROUP FOR ADULTS WITH ADHD AND PARENTS OF KIDS WITH ADHD**

## **Do you or does someone you love have ADHD?**

Learn signs and symptoms of ADHD for different age groups and sexes. How does culture impact treatment? Gain insight on building structure into daily routines. Get answers on improving executive functioning and communication skills, even as an adult! Talk about how anxiety, depression, and sensory input impact ADHD. Join discussions with other adults & parents with similar experiences and concerns. Share articles, books and other resources!

**Adults and Parents  
(25+)**

**Online Group**

**Biweekly on  
Wednesdays**

**6-7pm**

**Beginning Jan. 31st**

## **CONTACT ICP**

**SCHEDULING OFFICE:**  
773-312-3612

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Insurance Accepted

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