

ADHD HAVURAH COACHING PRESENTS

"Seeing Time" for the Jewish ADHD Mind April 10 – May 29, 2025

Join ADHD Havurah's first virtual coaching and accountability group starting pre-Passover and lasting 8 weeks until Shavuot. We will follow the *Counting of the Omer* (Sefirat Ha'Omer) and use a Jewish lens to see time, support personal intentions, and enhance executive functioning. Each day of the *Omer* is associated with specific spiritual virtues (Sefirot), which we will explore as opportunities for self-reflection and personal growth. \$360 for 8-week program

Thursdays @ 11:30am-1pm PST/ 2:30pm-4pm EST
Each session includes 30 minutes of body doubling.

www.positiveapproachcoach.com/havurah

