

**AUGUST
2025**



Get Set for Success: ADHD Testing & School Readiness

Just as students prepare to head back to the classroom, Thrive Counseling Center is here to support families with confidence, clarity, and compassion. This August, discover how our ADHD experts can provide vital tools and insights to help your child thrive—both academically and emotionally.

Back to School Tips



Resetting Routines

- Gradually establish earlier wake-up times
- Create a bedtime routine a week before school starts.
- Create organized, dedicated homework spaces.
- Incorporate healthy habits (IE: balanced meals, hydration, and screen-free time.)



Easing Transitions & Anxiety

- Talk about the upcoming school day and what it will look like.
- Offer downloadable visuals: morning checklists, calm-down cards, and emotion trackers.
- Reminder: "Support is available, from school guidance counselors to Thrive's Counseling Team and ADHD Experts."



Parent Corner

Strength-Based Strategies That Work

- Celebrate small wins.
- Combine structure with flexibility.
- Use practical tools such as timers, visual schedules, and checklists.
- Find strengths and interests such as creative outlets, movement breaks, and positive affirmations.

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Newsletter



The new school year often brings new routines—and new struggles. If your child is easily distracted, struggles with time and organization, or finds transitions overwhelming, it might be a sign of underlying ADHD.

What Thrive Offers:

- Comprehensive, family-centered testing conducted by our skilled ADHD Testing team.
- Seamless integration with Medication Management or a holistic approach, Counseling, and Wellness support.
- A strengths-based approach to empowering families with insights and the right tools to be successful.



Book an ADHD testing consultation today! help your child start the year with clarity and confidence.



Forward this newsletter to a friend who could benefit from Thrive's support.



Stay connected WITH US. watch your inbox for monthly tips, tools, and wellness articles from the Thrive team.



Important Dates & Next Steps

- **September 18th** Open House @ Thrive: Meet our team & tour the ADHD Testing services.
- **September 22nd–26th** Booking for ADHD testing spots for this week. Limited spots available!
- **Ongoing** Download our “**ADHD Resource Guide**,” complete with checklists, tips, and resource links.

