

# ON TRAC PROGRAM FOR TWEENS 11-13 YEARS



## WHAT IS ON TRAC?

**On Trac is a group program aimed to build confidence, independence, and develop useful skills for ADHD management.**

Over six weekly sessions participants will learn techniques to improve behaviour and learning outcomes at home and school, and learn more about ADHD.

Children will build skills relating to organising, planning and prioritising, managing distractibility, reducing procrastination, improving communication and managing frustration.

As well as engaging in the group sessions with like-minded peers, participants will be provided with a workbook containing information, activities, scenarios and ideas to complete at home.

## PROGRAM CONTENT

### 1. Understanding your ADHD

- Age appropriate psychoeducation about ADHD
- Understand ADHD and its impact on home and school

### 2. Adaptive Thinking

- Understand how thoughts, feelings and behaviours can exacerbate ADHD symptoms
- Learn concepts such as ways to cope with negative thinking, how to identify your values, appropriate social interactions and mindfulness

### 3. Practical Coping Skills

- Compensatory executive skills including time management, planning, organisation, prioritising, problem solving, and management of distractibility and procrastination.

### Eligibility

- Children with diagnosed or suspected ADHD as their primary diagnosis
- 11 - 13 Year Olds

### Details

- **Time:** 5-7pm (2 hour program)
- **Day:** Wednesday
- **6 week program**
- Runs each term with start dates TBA
- \$140 per session (inc. workbook)

### Register

- **Online** via the Group Program tab of our website