Are you…

- Having difficulties managing your time?
- Often distracted or forgetful?
- Wishing you were more organized?
- Interested in learning how to study best?

Yes? Check out the Krasner Psychological Center’s ADHD Group treatment program

- **Program Goals:**
  - Master study habits to improve functioning in both academic and day-to-day activities
  - Learn new skills like time management and prioritizing tasks
  - Learn to manage inattention and hyperactivity

- **Number of sessions:**
  - 1 60-minute face-to-face initial comprehensive individual assessment
  - 10 90-minute group sessions

- **When:**
  - Wednesday 6:30-8:00 PM (starting as soon as the group is filled and ending before finals)

- **Fee:** $120 total *(please call if you have any questions about the fee)*

To Sign-up, contact us at 631-632-7830 or KrasnerCenter@stonybrook.edu
If you want to overcome social anxiety, join our “Therapy for Social Anxiety” Group!

The KPC Fall 2020 MENTAL FITNESS PROGRAM is now offering
call us at 631-632-7830

- Program Goals:
  - Understand the thoughts, feelings, and behaviors that come along with social anxiety
  - Use active exercises shown to help you overcome avoidance behaviors
  - Social skills training to increase your comfort and confidence in social situations
  - Meet others who struggle with social anxiety, and maybe make some new friends!

- **Number of sessions:** 10 (90-minutes each)
- **When:** Tuesdays 6:00 - 7:30 PM - will start as soon as group fills
- **Fee:** $120 total, including an initial comprehensive individual assessment (*please call if you have any questions about the fee*)
SKILLS FOR HEALTHY RELATIONSHIPS
AN 8-WEEK GROUP

Need help navigating dating, romantic, and sexual relationships? Want to learn how to be the best partner you can be? Not sure how to find ideal partners who meet your needs?

Relationships are complicated, so we're here to help. Check out the Krasner Psychological Center’s Relationship Skills Group, led by experienced relationship scientists. **We offer evidence-based skills for navigating all aspects of relationships from start to end.** All relationship experience levels invited – you don’t have to be in a relationship to join.

Groups meet weekly via Zoom for Business, a secure videoconferencing platform open only to members.

**Interested?** Call (631)-632-7830 or email krasnercenter@stonybrook.edu

**WHAT:** Relationship skills-building group for young adults ages 18-29 offered via telemental health.

**WHERE:** Online via Zoom Business, a secure videoconferencing platform open only to group members

**WHEN:** 75 minutes weekly, time TBD based on member availability. Evening and afternoon times available. Starts by the end of September (once group fills up) and runs through mid November.

**WHO:** All interested young adults ages 18-29 in New York State.

**HOW:** Sign-up required, call (631)-632-7830 or contact krasnercenter@stonybrook.edu

**FEE:** $100, including 1 individual meeting and 8 group sessions

**INTERESTED?** Call (631)-632-7830 or contact krasnercenter@stonybrook.edu for more information.