

# L. Krasner Psychological Center (KPC)

Stony Brook University, Psychology B, Room 479

(631) 632-7830

KrasnerCenter@stonybrook.edu

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## 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** afternoons 2:30-4:00 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