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