

Coaching for AD/HD Students and Parents

In Step, PC is partnering with Educational Connections, Inc. to provide a six-week interactive workshop series for middle and high school students and their parents. This course will actively engage students and parents in best strategies for organization, time management, and study skills.

Students will learn to:

- Create and maintain an organized binder system
- Break down long-term assignments and projects
- Implement daily and weekly time management strategies
- Study for tests in new and creative ways
- Improve reading comprehension

Parents will learn to:

- Manage problem behaviors effectively
- Support independence and responsibility while providing needed structure
- Foster positive family and social relationships
- Minimize homework hassles

This series meets for six weeks in the In Step office in Sterling on Thursdays from 6:30 – 7:45 p.m.
Class size is limited. Please call today to reserve your spot.

**For more information, please contact Margie Lang-Garnhart, LCSW,
at 703-433-5771 x. 12**