

UNPREPARED, LATE & LOST:

Navigating Executive Functioning with Our Children at Home

Though every family is unique in their routines and habits, most families struggle with the same day-to-day challenges of finding flow. Whether your family is frequently running late, misplacing important items, or perpetually underprepared, as loving adults it may feel like even our best intentions are fruitless.

Executive functioning is how we get stuff done and out the door! It is the symphony of mental processes that help us filter distractions, organize responsibilities, control our impulses, and accomplish goal-oriented tasks.

Introducing executive functioning support to our families and daily routines can help shift from feeling scattered to feeling more effective and successful.

This workshop will offer practical, easy to use strategies that parents can incorporate into daily life at home to support families finding success.

WHAT YOU GET: FREE 1.5 HOUR WORKSHOP ON EXECUTIVE FUNCTIONING

FREE 20 MINUTE ONE-ON-ONE CONSULTATIONS WITH A SPECIALIST to address any of your specific questions or concerns.

TETON VALLEY, IDAHO

10 S. Main St., Crossroads Building

MONDAY, APRIL 30TH

5:30pm-7pm workshop

TUESDAY, MAY 1ST

11:30am-2pm follow-up consultation

JACKSON

Whole Grocer Community Room

THURSDAY, MAY 24ND

5:30pm-7pm workshop

FRIDAY, MAY 25RD

11:30am-2pm follow-up consultation

TO RSVP OR FOR MORE INFORMATION CONTACT 307.734.6040 or ELLIE@TETONBEHAVIORTHERAPY.COM

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