



AllHealth<sup>®</sup>  
NETWORK

EXECUTIVE DYSFUNCTION



FUNCTION

+18 | Mondays | Wellness/Telehealth | 9/16 to 2/03 | 12pm - 1pm

**Group leader: C Blanck**

Executive dysfunction is a challenge many face, whether linked to learning disabilities, ADHD, ASD, or other mental health or neurocognitive conditions.

This group is designed to help participants build practical skills for navigating executive dysfunction.

By integrating Universal Design for Learning (a proven educational approach) with Cognitive Behavioral Therapy, we'll explore executive functioning and develop strategies for thriving as a neurodiverse individual in a neurotypical world.