

***Do you struggle with ADHD?  
Would you like to learn skills to overcome  
everyday difficulties related to ADHD?  
Then this group is for you!***

Join the

# **ADHD SKILLS GROUP FOR ADULTS**

**12-week group, 2hrs/week  
PDX & Hillsboro locations**

**Pacific Psychology & Comprehensive  
Care Clinic**

***Call us if you or someone you know could benefit from  
this group!***

***Supervised by Dr. Irina Gelman***

**(503) 352 – 7333 x8066**



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