



# Brain Builders

## Executive Functioning Skills Group for Children Ages 8-11

**Building Skills Today For a Confident Tomorrow!**

Children will learn practical strategies they can use at home, at school, and with peers to improve organization, focus, emotional regulation, and independence.

### Program Details

Wednesdays at 2:30 PM

Start Date: July 8, 2026

Length: 8-10 Weeks

EWC Manalapan Office

219 Taylors Mills Road,

Manalapan, NJ 07726

Limited to 6-8 participants

### Does Your Child...

- Forget assignments, materials, or instructions?
- Struggle to stay organized?
- Have difficulty starting tasks independently?
- Become frustrated when plans change?
- Act before thinking?
- Need constant reminders to stay on track?

*If so, Brain Builders can help.*

### Led By:

ADHD-  
Certified  
Clinical  
Specialist




Rebecca Sgro,  
MS, LPC, CCTP, ADHD-CCSP

**Insurance benefits may apply.  
Contact us to verify eligibility.**

**Space is Limited!**

**Contact us today to learn more or reserve a spot.**

 **908-415-2042**



**info@exceptionalwellnesscounseling.com**

