



ADHD CLASSES

GROUP MEDICAL VISITS BILLABLE TO INSURANCE

ONLINE VIA ZOOM- Schedule updates via Dr. Hart's instagram, @draliciahart

Schedule with your MA or with the front desk.

Classes are adult focused, interactive, and led by Dr. Hart, who also has ADHD.

You can take classes in any order, as a series or as a single class

Topics include:

Executive Function & Coping Skills

Learn about how your brain works, then learn focused skills, resources, and tricks.

Nutrition & Strategies

Evidence based nutrition recommendations for ADHD- learn what foods make symptoms worse and what foods improve symptoms

Habit Building for ADHD

Learn how to think like a zookeeper and use operant conditioning for creating routines and changing habits.

As a bonus, there is a picture of Dr. Hart both training a raccoon and riding a yak in this one.

Botanical Medicine for ADHD

Herbal strategies for ADHD management as adjunctive or main therapy.

Parenting kids with ADHD when you have ADHD

Neurodivergent parenting skills, as well as common issues and resources for neurospicy kids

Medication for ADHD

Learn about all of the different type of medications people use for ADHD, strategies for taking medication, and how to track medication effects.

Sleep and ADHD

Learn about which sleep disorders are associated with ADHD and new strategies for improving the amount of sleep you're getting- whether that is not enough or too much sleep.

Organization and ADHD

Strategies for being about to find your stuff, clean up your email, and resources for common organizational challenges.

