



# COACHES Program

*Cultivating Organized Achieving Confident Higher-reaching Empowered Students*

## Who:

Children and Adults with Executive Functioning difficulties, with or without ADHD

## What:

Personalized coaching with a licensed therapist, aimed at improving time management, organization, homework efficiency, good study habits and more. Semi-private sessions may be available for teens who would like to attend with a friend.

## Where:

Offered at each Psychology Consultation Specialists' office:  
Maple Grove, Plymouth, Rogers, and St. Louis Park

## When:

At a scheduled time, with one of our licensed, COACHES-trained therapists. The duration of program varies for each participant.

## Payment Options:

- Sessions are often covered in full or in part by your health insurance plan.
- Self-pay (Cash, Check, Credit Card)
- Share the cost of a semi-private session if your teen would like to attend with a friend.

*For more information or to schedule:*

*Call: (763) 559-7050*

*Email: [info@pcsmn.com](mailto:info@pcsmn.com)*