



Navigating ADHD, Inc.

MISSION

Navigating ADHD, Inc. is committed to educating people on the incredible strengths children diagnosed with ADHD possess and the strategies they need for unveiling them.

ABOUT NAVIGATING ADHD

Tracey Bromley Goodwin is an Educational Coach/Consultant who helps clients build organizational and educational strategies for reaching their fullest potential in school and in life. Tracey received her graduate education and training through Lesley University and Coach U University. Holly Oberacker is an Art Therapist and Licensed Mental Health counselor that utilizes a dynamic multi-sensory approach for managing the social, emotional and behavioral challenges of individuals with ADHD. Holly earned her Masters in Art Therapy from the University of Illinois-Chicago. Together, Tracey and Holly merged their strength-based philosophies and passions to form Navigating ADHD, Inc.

Navigating ADHD, Inc. was founded on the premise of being a hands-on, total support system to guide families and professionals from the challenges ADHD presents to the positive qualities it encompasses. Navigating ADHD's Support Center is based on Cape Cod.

AFFILIATIONS/ACCOMPLISHMENTS

Navigating ADHD, Inc. is a member of CHADD. Navigating ADHD, Inc. has partnered with various Stop & Shop Pharmacies to bring current information, tips and strategies to their consumers. Members of ADDA. Navigating ADHD has been featured on various radio and television programs nationwide.

Navigating ADHD, Inc. is committed to educating people on the incredible strengths children diagnosed with ADHD possess and the strategies they need for unveiling them.

Navigating the

ADHD Brain:

A Multi-Modal Approach for Lifelong Success

Follow us on



LinkedIn

Look for details about workshops and events on our website!

www.navigatingadhd.com

Bayberry Square | 1645 Falmouth Rd. | Suite 3B
Centerville, MA 02632
508-566-0093 | www.navigatingadhd.com

At Navigating ADHD, Inc, we tailor a multi-modal treatment approach to fit your family's unique needs. After a brief consultation, a program can be developed for your child that could include a combination of the following modalities:

Our unique multimodal approach to treating ADHD includes but is not limited to Art Therapy, ADHD Coaching and Parent Education/Support. When a strategy is learned through a creative process in an art therapy session, applied to challenges at home or at school during a coaching session and then reinforced by parents/caregivers rates of success increase. The power of repetition is immeasurable in ADHD treatment.

When strategies are introduced and then repeated in each branch of the multimodal approach, new learning happens almost immediately. Self esteem and confidence naturally grow with each new success, and clients find themselves wanting to learn new skills.

ADHD Coaching

An ADHD Coach will help your child understand how his brain works and will actively support your child as he develops lifelong skills for success. Typical areas a coach works on include self-awareness, organizational skills, time management, long-term planning, study strategies, and prioritizing short-term and long-term tasks.

Art Therapy/Counseling

A licensed mental health counselor will help your child through creative self-expression and develop strategies for coping with areas such as anxiety, self-esteem, mood, behavior, and social skills.

Referral Resources

- Content Tutoring
- Educational Advocacy
- Neuropsychological Testing
- Psychiatric Evaluation
- Community Outreach (Camps, Volunteer Organizations)

Education and Support

Parent

- Phone Consultations
- Individual Coaching
- Workshops
- Support Groups
- Tele-seminars
- Book Clubs

Children and Teens

- Social Skills Groups
- Teen and Tween Empowerment Groups

Additional Support

- Parent and Child Interactive Workshop Experiences
- School Observations
- Report Preparation for School Meetings
- Attendance at School Meetings

**Pricing depends on the program suited for your child.

Our new book has arrived!

When parents first hear that their child has ADHD, many feel as if they've been set adrift on an emotional sea of guilt, isolation, confusion, and fear. To help these parents and their children navigate the challenges of home life, school, and ADHD treatment, Tracey Bromley Goodwin and Holly Oberacker have created Navigating ADHD: Your Guide to the Flip Side of ADHD.

Each chapter presents real-life scenarios, concrete strategies, and proven solutions that give parents the confidence they need to help their child excel. Appendices in the back of the book provide additional resources for easy reference. Parents will come back to this book again and again for guidance, support, and peace of mind as they watch their child move from shame and isolation to understanding and excellence.

"Bromley Goodwin and Oberacker may sound like a law firm, but instead they are two women who really get it. I can't recommend this book more highly... because it achieves the unusual feat of being both loving and factual; appreciative and practical; heartfelt and head-fed. I haven't come across a book this practical but also warm and user-friendly on the topic of ADHD in a long while."
Edward Hallowell, M.D.

