



## 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 ADHD Coach and Educational Consultant who helps clients develop self awareness while building 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. and a system for building Circles of Support®. 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, ADDA, and the ACO. Navigating ADHD has been featured on various radio and television programs nationwide. Navigating ADHD was recognized for Innovative Programming at the 2013 International CHADD Conference. Tracey and Holly's first book Navigating ADHD: Your Guide to the Flip Side of ADHD is the recipient of the Mom's Choice Award and their second book More Ways to Succeed with ADHD is an Amazon #1 Best Seller.

It's just 2 ez 2 join our mailing list!

Send your email address by text message:

Text **NAVIGATING** to **22828** to get started.

Message and data rates may apply.



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## Navigating the ADHD Brain: A Multi-Modal Approach for Lifelong Success

Follow us on



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Look for details about workshops and events on our website!

[www.navigatingadhd.com](http://www.navigatingadhd.com)

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Centerville, MA 02632  
508-566-0093 | [www.navigatingadhd.com](http://www.navigatingadhd.com)

At Navigating ADHD, Inc, we tailor a multi-modal treatment approach called Circles of Support® 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:

In our Circles of Support® other professionals are added to the treatment plan. Educators, doctors, counselors, speech and language pathologists, occupational therapists, neuropsychologists, psychiatrists and coaches work collaboratively to support the client. 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)
- OT and Speech and Language consultations

### 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

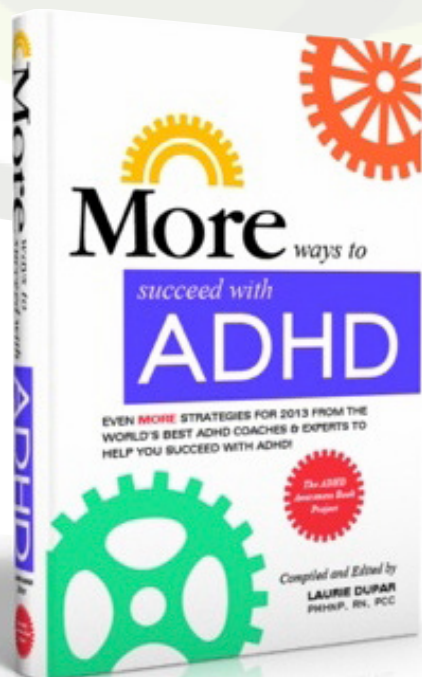
#### Additional Support

- Parent and Child Interactive Workshop Experiences
- School Observations
- Report Preparation for School Meetings
- Attendance at School Meetings
- Webinars, Skype and Facetime Sessions

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

our new book  
has arrived!

#1 Amazon Best Seller!



### Winner of THE MOM'S CHOICE AWARD®

*"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.

