

**Starts  
March 10**

**Every Monday**

**5 – 6:15 p.m.**

**7-week program**



- 75-minute youth group held at UC Davis MIND Institute (sessions divided by in person and online)
- Parents attend a separate group held at the same time
- Additional weekly 30-minute individual coaching call online

## **Homework, Organization, and Planning (HOP) Group**

For youth (ages 12-15 years) with ADHD symptoms, who have difficulties with homework<sup>[SEP]</sup> completion, organization, and planning.

Participants will learn the following skills through, skill building exercises and at home practice:

- Organizing materials (e.g., backpack and folders)
- Managing time and breaking tasks into smaller steps
- Using planners and calendars effectively
- Creating a productive environment
- Building self-advocacy skills

### **UC Davis Providers:**

Enter a referral in Epic by referring to MIND Institute-Therapies Referral-services requested, then select other and enter HOP Clinic or call 1-800-482-3284 option 3.

For more information please contact: Catrina Calub, Ph.D. at [ccalub@ucdavis.edu](mailto:ccalub@ucdavis.edu).