

Join Dr. Lindsay Plunkett for:



## EXECUTIVE FUNCTIONING IN TIMES OF COVID-19



### A 5-Week Virtual Parenting Workshop

**GROUP 1 (PARENTS OF KIDS GRADES K-5): WEDNESDAYS 7:30-8:30PM**

**GROUP 2 (PARENTS OF KIDS GRADES 6-12): WEDNESDAYS 8:30-9:30PM**

**DATES: 01/27, 02/03, 02/10, 02/17, 02/24**

Does your child struggle with executive functioning, such as poor time management, difficulty focusing, or becoming easily frustrated?

Have your child's difficulties become more noticeable with remote learning and changes to their academic environment in the past year?

\*\*\*

Within this workshop, Dr. Plunkett will provide you with practical skills to address your child's executive functioning weaknesses.

Sessions will be tailored to the group's greatest areas of concern. Examples of skill areas to be addressed include:

Planning

Study Strategies

Organization

Emotional Control

Time Management

Increased Independence

Improved Focus/Sustained Attention

Managing Impulsivity and Hyperactivity

The fee for this workshop is \$200 per participant. Space is limited. Contact Dr. Plunkett to reserve your spot or to inquire about upcoming workshops at 516-413-7913 or [lindsayplunkettphd@gmail.com](mailto:lindsayplunkettphd@gmail.com).



Dr. Plunkett is a licensed psychologist practicing in Glen Head, NY. She earned her PhD in Psychology from Columbia University in 2016. She completed her postdoctoral fellowship in clinical neuropsychology in the Department of Neurology at Columbia University Irving Medical Center (CUIMC). She then served as the Assistant Professor of Neuropsychology within the Division of Child Neurology at CUIMC. Earlier this year she chose to pursue private practice closer to her home and family. She provides neuropsychological evaluation, consultation, and executive functioning skill building/behavioral therapy within her practice. Visit her website for more information: [www.lindsayplunkettphd.com](http://www.lindsayplunkettphd.com).