

Discovering ADHD as an Adult

What is the purpose of this group?

In this group we will address the nature of ADHD and how it affects life, from family, to work, and friendships.

How will the group work?

We will explore the messages we hear from the world and what we tell ourselves about what it means to live with ADHD. Through a supportive community environment, you will discover existing strengths and new tools.

Who can participate?

Adults (21+) with ADHD. Whether you've been recently diagnosed, are entering a new phase in your life and find your ADHD is changing too, or want to live without shame about your ADHD, group therapy can be beneficial.

For more information and to schedule a 15-minute consultation call, please contact Penelope Fisher-Birch, LMSW, at pfisherbirch@empiremindsnyc.com or (914) 281-1216. Deadline to register is September 25th