

ADHD and Sports

*Teaching
Children Self
Control Through
Sports*

Children ages 7 – 14 are invited to join us for
this 13 week program.

Group meets Wednesdays from 5:00 – 6:00 p.m.

Active learning through group activities and soccer

Develop responsible behaviors and self-respect • Develop appropriate social skills
Improve communication skills • Decrease defensiveness • Improve self-esteem
Improve coping skills • Improve problem solving • Improve insight • Learn impulse control
Learn anger management • And eliminate the potential for violence!



Cornell Scott
Hill Health
Center

www.cornellscott.org •   



Facilitated by Augusta Mattar Colodette, LCSW: (203) 503-3062