



## NEW! - Navigating Every Day Life Challenges

### Are you over 18 and experience ADHD, Autism, Neurodivergency - then this group is for you!

*Sessions are available for those living in Florida, Idaho, Michigan, New Hampshire, South Carolina, Texas, and Vermont for **Adults only**.*

**What:** Group Therapy Sessions for Parents of Adult (18+)  
**When:** Bimonthly- Will be determined  
**Time:** To be Determined with the Group Participants (Eastern Time)  
**Where:** Via Google Meets (Online)

### Helping you learn tips and tricks to know how to handle difficult situations

This group is focused on learning skills to be able to handle challenging situations everyday life events can bring? Do you know what to do in a crisis? In today's world, there are many new and difficult occurrences you might not know how to handle. From budgeting, banking, shopping, social situations, emergencies and juggling school and/or work - this group can help you! You will be engaged in exercises, reflections, and affirmations all aimed at preparing you to know how to react when having to handle a variety of situations. This will be a safe place to discuss and learn from other participants.

### What will these sessions provide you?

- Understanding and learning new skills and tools under the guidance of an experienced professional.
- Learning how to overcome insecurities and how to handle difficult situations.
- Building self-confidence and sharing tips and experiences in a group setting.

**The program will be run by Brandy Goins, PhD ABD, LSOTP, CSTIP, CTMHP. Brandy is licensed in the states of Florida, Idaho, Michigan, New Hampshire, South Carolina, Texas and Vermont.**

Brandy Goins has over 20 years' experience with clients managing ADHD, Autism, Neurodivergency and has provided counseling and educational programs to the community. She also has experience servicing those in the military.

**Cost:** These Bimonthly Group Therapy sessions are \$45 per session. We accept Aetna, United Health/Optum, Blue Cross PPO plans, Blue Care Network, Medicaid (in Michigan only), Priority Health if you have coverage for group sessions and want to use insurance.

Please contact Marc Seguin call/text (248) 505-8620 or email [mseguin@heartandmindcounseling.com](mailto:mseguin@heartandmindcounseling.com) for payment options.

For additional information or to sign-up for the group, please call/text (904) 896- 4998 or email Deb Benoit at: [admin@heartandmindcounseling.com](mailto:admin@heartandmindcounseling.com) or [dbenoit@heartandmindcounseling.com](mailto:dbenoit@heartandmindcounseling.com)