ATTN CENTER

ADHD SPECIALISTS FOR REAL SOLUTIONS

Stop blaming yourself. You're not bad at time. You have difficulty *experiencing* it.

Time Blindness: A five-week skills group for adults with ADHD

- Do tasks regularly take longer than you expect?
- Do you often look up and wonder, *"How is it already that late?"*
- Do you underestimate how much time you need to get ready or get somewhere?
- Does leaving the house on time feel harder than it should.
- Do you rely on rushing, urgency, or the last minute to get moving?
- Does time often feel abstract until suddenly there isn't enough of it?

5 sessions, 75 minutes each | 6 adults per group | Live via Telehealth | $95 per session

Learn as a group with room for individual help • Attend virtually from anywhere in NY state • Full course commitment required

THE FIVE WEEKS

No	Topic	Practical focus
1	**Understanding Time**	Explore how ADHD shapes your perception of time and where that creates friction in daily life.
2	**Getting Out the Door**	Identify the less obvious factors that disrupt timing, transitions, and follow-through.
3	**How Long Will This Take?**	Examine the gap between expected and actual time, and develop more reliable ways to anticipate it.
4	**Now or Not Now**	Explore how to make time more visible and navigate competing demands, priorities, and commitments.
5	**Your Personal Time System**	Integrate what you've learned into a personalized approach that works with your brain and your life.

LED BY RACHEL HONIG, LMHC

Rachel Honig, LMHC, is a licensed mental health counselor specializing in adult ADHD assessment, psychotherapy, and executive-function skills at the ATTN Center. Her clinical work focuses on how ADHD affects time awareness, follow-through, emotion regulation, and relationships. She combines ADHD psychoeducation, solution-focused therapy, and practical behavioral strategies. Before becoming a clinician, Rachel was a marketing agency owner and executive, giving her firsthand understanding of ADHD in demanding professional environments. Workshops are led by Rachel, supported by Anna Formozova, a clinician in training.

GROUP NOW FORMING

Monday evenings, 6:45 to 8 pm. Beginning November 16, five weekly sessions conclude December 14.

Get ready for the New Year!

For adults located in New York State during each session

Text 646-854-8310 or e-mail rachelhonig@attncenter.nyc for more information or to register | attncenter.nyc

This is a five-session course with limited enrollment. Enrollment reserves your place for the full course, and all five sessions will be billed at $95 per session regardless of attendance. Out-of-network reimbursement may apply only if you are eligible and attend the session. Benefits and reimbursement are determined by your insurer and are not guaranteed.