

- Feeling overwhelmed, under-prepared, or disorganized?
 - Struggling to keep up?
 - Working hard but not seeing results?

Help is available!

Compass Clinic is currently seeking postsecondary students to participate in a 10-week executive functioning group that includes <u>individual</u>, <u>supportive coaching</u>. The group will meet from late February until early May. A second session may be offered depending on interest.

If you are interested in receiving tailored, one-on-one support from our Executive Functioning Coaches, and meeting other students who have similar struggles, please contact us at info@compassclinic.ca or 604-709-3515.