

# Understanding ADHD and Executive Functioning: Practical Strategies for Children, Teens, and Adults



**FREE: 1 IDFP CEU for LSW/LCSW, LPC/LCPC, Psychologist, and ISBE CPDU's for School Professionals (Pending)**

ADHD affects people of all ages, impacting focus, organization, emotions, and daily life. This session explores how ADHD and executive functioning challenges show up across the lifespan and offers practical, evidence-based tools to support success at school, home, and work. Grounded in strengths-based, neurodiverse-informed approaches, the training promotes self-awareness and independence.



> **Wednesday, October 1, 2025**

> **12:00 pm – 1:00 pm**

> **VIRTUAL TRAINING ON ZOOM**



**Lauren Bilbrey,  
MA, LBS1**



**Jacqueline Rhew,  
CADC, LCPC**

**Registration Link** >>>



Training Coordinator  
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