



# Command & Control Cognitive Training

## Executive Function Intervention

for teens & young adults with ASD, ADHD, LD, etc.

Based on neuroscience research, the program is developed to enhance **Executive Functioning skills** used to perform activities such as planning, organizing, strategizing, being flexible, paying attention, remembering, & managing time & space.

### 12-weekly, 1.5 hr sessions:

- Small group (up to 6 participants per group)
- Hands-on, active learning approach
- Includes a parent education component

### Contact

#### Intricate Mind Institute

2247 San Diego Ave #136  
San Diego, CA 92110  
*Old Town SD*



**(858) 205-9809**

**[intricatemindinstitute@gmail.com](mailto:intricatemindinstitute@gmail.com)**

**[www.intricatemindinstitute.com](http://www.intricatemindinstitute.com)**

### CURRICULUM:

- Attention
- Cognitive shifting
- Cognitive flexibility
- Inhibition
- Problem solving
- Goal-oriented thinking
- Memory

This program was developed, in part, with funding from a grant provided by the National Foundation for Autism Research (NFAR).

**NFAR**  
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