

Darienite

News for Darien

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Invest in Your Child's 'Executive Functioning' Skills: Psychologist's Presentation Thursday

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Tagged as : [Darien SEPAC 2019](#)[Mary Murphy](#)

Date : October 8, 2019

Practical strategies to help your children build executive functioning (EF) skills and improve focus, organization and self-regulation is the subject of a presentation Thursday at Darien Library by a psychologist who specializes in the subject.

Darienite [an announcement](#) from *Darien SEPAC* and [Darien Library](#)

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Mary Murphy, Ph.D., will offer resources for mindfulness practice, stress management, and biofeedback, as <https://darienite.com> psychological assessment process for students with suspected ADHD/executive functioning symptoms.

Dr. Murphy is a licensed clinical psychologist who specializes in counseling, executive functioning/academic coaching, biofeedback, and psychological testing.

Her clinical practice focuses on helping children and adults with ADHD, concussion, depression, anxiety, and trauma. Her testing practice focuses on educational assessments and 504/IEP planning.

If You're Going ...

- The event takes place from **1:30 to 2:30 p.m.** in the Community Room at Darien Library.
- You might want to **arrive early** (there's always something to see or do at the library) to make sure you get parking in the library's sometimes-crowded lot. There's also parking on the street at Thorndal Circle.

Please RSVP to dariensepac@gmail.com.

This event is sponsored by [Darien SEPAC](#) (Darien Special Education Parent Advisory Committee) and Darien Library.

See also:

- [New Book Club Formed in Darien for Parents About Parenting](#) (Oct. 3)
- [Brighten Your Children's Future: Author to Speak Oct 21 on New Book: 'How to Raise a Reader'](#) (Oct. 6)