



REGISTER NOW! 10-Week Series Starts January 11, 2018

CogSMART

Cognitive System Management and Rehabilitation Therapy

A program designed to help people with cognitive impairments perform better in everyday activities and reach their goals pertaining to school, work, social functioning, and daily living.

CogSMART is a form of cognitive training to help people improve their skills in:

- Prospective memory (remembering to do things)
- Attention and concentration
- Learning and memory
- Problem-solving
- Planning and organization
- Cognitive flexibility

CogSMART uses compensatory strategy training, rather than extensive drills.

This approach helps make these cognitive strategies become habits, so they can be used automatically when they are needed in the real world.

10 weekly sessions starting January 11, 2018 • Thursdays 1:00 to 2:30 pm

10 week commitment required

Pre-screening/evaluation is required prior to enrollment.

Fee

\$25 per class

\$250 total for 10 week program

Location

Schurig Center for Brain Injury Recovery
1132 Magnolia Avenue, Larkspur

For more info, please contact:

(415) 461-6771 • info@schurigcenter.org

Instructor

Maggie Smida, OTR-L

Schurig Center
Occupational Therapist



**Limited space
is available!**