

It is common for bright or gifted adults and children to have **organizing difficulties**. Skills in executive functioning (information gathering, evaluation, ranking choices, considering possible consequences and organizing) can be a challenge. This can waste a lot of time, energy and money.

Summit Center offers comprehensive services to meet your needs. Call today for confidential and professional assistance:

925-939-7500



Summit
CENTER

*Helping children, adolescents & families
realize their potentials*

www.SummitCenter.us

MS. CROMBIE
SUMMIT CENTER
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Organizing Services

Managing Time

Attention Issues in
Children & Adults

Chronic Disorganization

Obsession/Compulsive
Issues in Children & Adults

Compulsive Shopping

Hoarding



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Do you...

- ▶ Feel overwhelmed by your disorganized environment and don't know where or how to get started?
- ▶ Hang on to things you rarely, if ever use?
- ▶ Have difficulty planning or scheduling your time?
- ▶ Tend to hyper focus, lose track of time or struggle with many interests?
- ▶ Accumulate more items in your life without eliminating others?
- ▶ Have perfectionistic tendencies that prevent projects from completion?
- ▶ Compulsively shop or acquire things you do not need or can't afford?
- ▶ Have a family member that refuses to get help with chronic disorganization or hoarding?

Confidential Services

- In home assessment
- Personal, written action plan with recommendations and resources
- Step by step supportive coaching and counseling with emphasis on cognitive and behavioral techniques to complete goals
- Personal organizing solutions utilizing your strengths and personal style
- Collaboration with your family and healthcare providers
- Coordination of team to complete large projects
- Recommendations for local resources accepting items for recycling or donation
- Hauling services
- Custom redesign of your living or work space to increase function, utilizing what you already own
- Consultation and support for families of chronic disorganization or hoarding



Details

Call 510-390-8187 to schedule your free 30-minute confidential assessment.

Kathleen D. Crombie, M.A., M.Ed. earned degrees in Counseling Psychology from Teachers College-Columbia University in New York. She is a consultant and advocate for the gifted and a professional organizer.

Memberships

San Francisco Bay Area Chapter of National Association of Professional Organizers
Institute for Challenging Disorganization
American Psychological Association
Obsessive Compulsive Disorder Foundation
Supporting Emotional Needs of Gifted
National Association of Gifted Children