

ADD/ADHD Workshop Series for UH students

Fall 2022: Tuesdays from 4-5 p.m., starts 9/13 UH

LAUNCH: N109, Cougar Village 1



10 weekly sessions, every fall and spring semester, from 4-5 p.m.

In a supportive atmosphere, learn about strategies for time management, concentration, procrastination, study methods, mindfulness, and more. You will obtain more benefit if you can come several times.

To register or for more information please contact

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