

# ***ADD/ADHD Workshop Series for UH students***

**Spring 2024 Tuesdays from 4-5 p.m., starts 1/30**

## **LAUNCH: N109 Cougar Village 1**



**8 weekly sessions, every fall and spring semester, Tuesdays from 4-5 p.m. The sessions are **in person**.**

**In a supportive atmosphere, learn about ADD/ADHD 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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