

ADHD: Managing Your Symptoms

Tuesdays; 2/7, 2/14, 2/21, & 2/28 | 3pm

Attend this 4-week long group to connect with others that struggle with ADHD and want to find a way to manage the symptoms that come along with that diagnosis.

This group will:

- Explore ADHD symptoms
- Find ways to manage your ADHD symptoms
- Support each other and provide a safe place to share

This group is for those who have been diagnosed with ADHD *or* struggle with symptoms related to ADHD. (diagnosis is not required)

Sign up now to reserve your space:
<https://ysu.edu/student-counseling-services>



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