

# ADHD Support Group

Winter 2017

This group discusses several aspects of ADHD, sharing strategies and experiences for better management of these symptoms.

Whether or not you have been diagnosed with ADHD, you are welcome to attend if you have concerns about inattention and/or hyperactivity and impulsivity.

**Dates:** Feb. 3; Feb. 10; Feb. 17; Feb. 24; & March 3 (Fridays)

**Time:** 12:00 pm – 1:00 pm

**Location:** Office for Students with Disabilities  
UCtr 202 (Behind Center Hall)

*To discuss being part of this group, please contact  
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(858) 246-2271  
[caps.ucsd.edu/groups](http://caps.ucsd.edu/groups)*