

ADHD

SUPPORT &
GROWTH GROUP

WHEN

4-WEEK PROGRAM

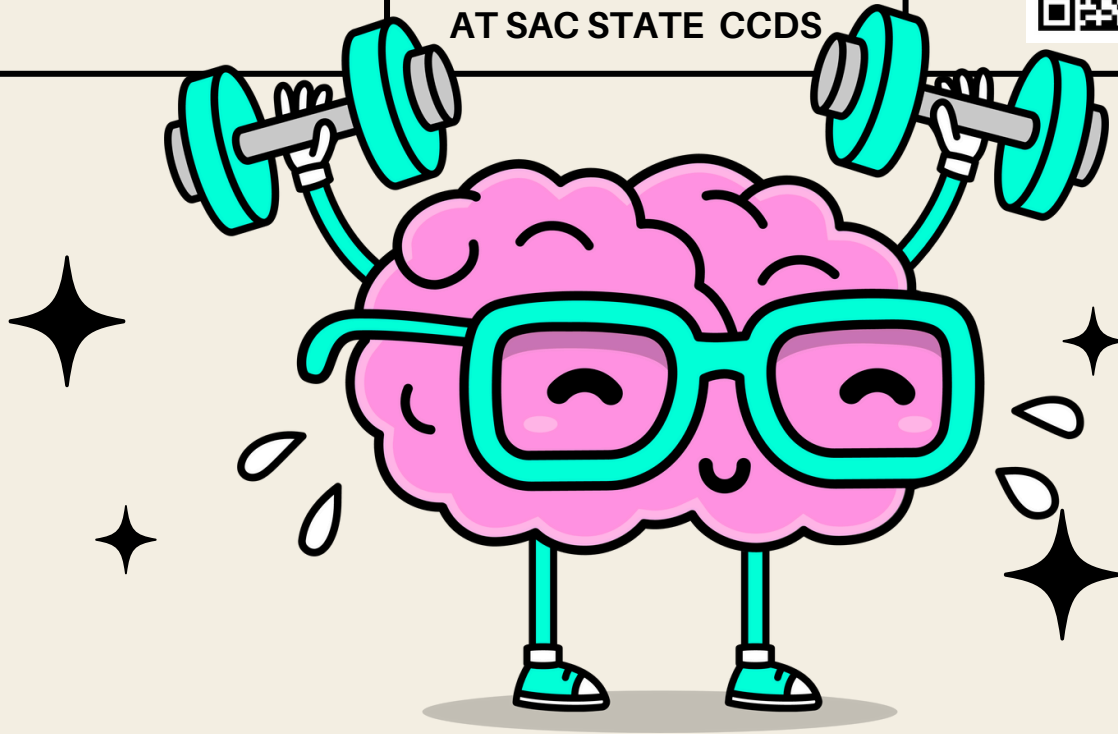
THURS: 12PM - 1:15PM

3/13, 3/20, 3/27, & 4/10

AT SAC STATE CCDS

INTERESTED IN
JOINING?

SCAN BELOW



**ARE YOU DIAGNOSED & LOOKING FOR SUPPORT FOR
FOCUS, MOTIVATION, OR MANAGING DAILY LIFE?**

WHAT TO EXPECT:

- Learn about ADHD and effective coping strategies
- A safe place to share your thoughts
- Build supportive connections and community
- Better manage academics, social life, and daily functioning
- Interactive activities, psychoeducation, and shared experiences
- Gain practical tips, techniques, & emotional regulation skills



SESSIONS LED BY KATIE & ALEX, COUNSELORS-IN-TRAINING AT THE
SAC STATE CENTER FOR COUNSELING & DIAGNOSTIC SERVICES