Do you have ADHD?

Student Mental Health offers a **skills-based group** for people with ADHD.

Many students with ADHD have the potential to improve their academic attention to meet the demands of college and graduate school. The group will discuss strategies for mastering ADHD and minimizing its impact on short-term achievement and long-term goal attainment. This is a great opportunity to take charge of your challenges and learn from each other about ways to find a new path.

**Format**

- Begins March 25, 2016
- 5 Fridays at noon for 60 minutes
- Limited to 12 people
- Members will gain the most from attending every week.
- New topics each week

**Topics Will Include**

- Study and organization strategies
- Academic concerns
- Strategies for managing inattention, hyperactivity, and impulsivity
- Identifying strengths
- Intersection of ADHD and mood, anxiety, and learning difficulties
- Self-advocacy
- Medication

Fees: Please check with your insurance to determine coverage for this group and if a prior authorization is needed.

Contact **Robert Rosenthal, PsyD at 303-724-9637** to schedule a screening for this group.

Student Mental Health
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