

ADD/ADHD Workshop Series for UH students

Fall 2023 Tuesdays from 4-5 p.m., starts 9/12

LAUNCH: N109 Cougar Village 1



10 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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