

# ADHD

## Skills Group

*FREE 6-week workshop!*

### Develop Skills to Reduce:

- ✓ Overwhelm
- ✓ Procrastination
- ✓ Distractibility
- ✓ Disorganization



**Starts March 22nd**



**Friday's 10-11:30 am**



**For more info:**

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**Presented by the Center for Counseling and Psychological Services**