

Facilitators: Dr. Beverly Ibeh | Maaliyah Harris

MANAGING LIFE AND ACADEMICS WITH ADHD

Managing Life and Academics with ADHD is a skill-building and peer support group for USC students. This group is for students with ADHD looking to learn strategies to address common challenges while sharing experiences with other students with ADHD in a safe and supportive environment.

Meeting

Location: Zoom

Time: Mondays

4-5:30 pm

GROUP FOCUS POINTS:

- Learn how to study efficiently and reduce distractions
- Gain support and encouragement from other students with ADD/ADHD in a safe and confidential setting
- Learn mindfulness and relaxation strategies
- Learn how to enhance personal relationships

**CONTACT DR. BEVERLY IBEH AT IBEH@USC.EDU FOR INFO.
BEGINS MONDAY, 2/7 (5 SESSIONS; FREE)**

**DEADLINE TO SIGN UP FOR A BRIEF SCREENER:
THURSDAY, 2/3 @ 5PM**