HACKING YOUR ADHD BRAIN

ADHD PSYCHOEDUCATION & PROCESS WORKSHOP

In this workshop, college students will have the opportunity to learn about how to “hack” their ADHD brain to work with them rather than against them. This 4 session group will meet weekly and cover topics including basics of ADHD and ADHD treatment, lifestyle factors & self care, executive functioning for daily life, emotional regulation, rejection sensitivity, relationships, and finally ADHD organization & study skills for academic success.

If interested, email Andrea.Baker@millersville.edu.

Putting the FUN in executive dysfunction!

ON MONDAYS, APRIL 4, 11, 18, 25TH
2PM – 2:50PM
VIRTUAL: ON ZOOM