Creatively Constrained: ADHD Support, Skills, & Resources

Part 1 | OCT 29 | 2-3pm | Organizational Strategies & Tools
Part 2 | NOV 5 | 2-3pm | RCPD Guest-Speaker & Disability Identity Development
Part 3 | NOV 12 | 2-3pm | Shape Your Environment – Make it Work for You
Part 4 | NOV 19 | 2-3pm | Medication Stigma, Intersecting Identities, & Emotional Experiences

ADHD can be a double-edged sword. You can use it creatively in one way to add spice to yours and others lives, it’s your authenticity. But you can use it in a constraining way, or maybe a frustrating way that constrains or blocks your progress. This group is here to help you understand that the problem is not you, the problem is that society does not understand you and is not geared towards your strengths. Society sucks! Not you! Come learn ways to make society work for you.

MSU CAPS

You can join any of these groups on a drop-in basis, meaning you can attend just one, a few, or all, it is up to you! Registration is required, please copy this link in and sign up:

https://www.signupgenius.com/go/60B0A45A4A723A2F85-creatively