



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

Creatively Constrained: ADHD Support, Skills, and Resources

FRIDAYS
2-3:30 P.M. ET

.....
In Person
.....

Group begins
January 27, 2023.



Register:

Get started at
caps.msu.edu/schedule
for more info,
pre-screening and
registration information.



Being a college student in today's world can be challenging. If you're also managing attention-deficit hyperactivity disorder (ADHD) symptoms, it can be even more difficult!

This group uses the structure of cognitive behavioral therapy to address the challenges that college students diagnosed with ADHD experience. As a group, we'll work to develop skills and address behaviors related to inattention, forgetfulness, trouble sustaining attention, fidgeting, interrupting others, difficulties with organization and time management. The group is open to undergraduate and graduate students who have been diagnosed with ADHD.

Group Facilitators: Jimmy Bruce, PhD, LP
Chasma Mathis, Psy.D., LP