## ADHD/ADD SPRING WORKSHOPS

## AT LAUNCH



## MEET WEEKLY, TUESDAYS 4-5 P.M. STARTING 1/28

To register contact Laura Heidel, Ph.D.; Iheidel@uh.edu

AT LAUNCH

212 STUDENT SERVICE CENTER BUILDING

Have ADHD/ADD? Want to learn some new academic skills? Let's discuss time management, concentration, forming new study habits, procrastination, etc., in a supportive atmosphere.