

ADHD Focus Skills Group



Join us to learn about ADHD impacts on daily living and to discover practical tools and strategies to manage it effectively. This group provides insights and actionable steps to thrive in academics and beyond!

Undergraduate and Graduate students welcome.

Thursdays 3:00–4:00 p.m.
In-person at Michael Hall

Please call UB Counseling Services 716-645-2720
for more information on how to register.

Presented by

