

NOT LAZY

ADHD SUPPORT GROUP



Connect with other students who understand the challenges of ADHD, attention, and focus.

Explore shared experiences, gain practical strategies, and find support in a welcoming, judgment-free space.

No formal diagnosis required.



WHERE

UM Counseling Center, in person



WHEN

Time & Day TBD



CONTACT

Martin Lopez, LCSW • mxl2172@miami.edu • 305-284-5511



UNIVERSITY OF MIAMI
COUNSELING CENTER