

Wicked Smart Group

# ADHD CONNECTIONS

**JOIN OTHERS WHO HAVE ADHD  
TO SHARE EXPERIENCES AND  
DEVELOP NEW STRATEGIES:**

- **FOCUS MANAGEMENT**
- **SELF-ORGANIZATION**
- **ADHD-FRIENDLY  
TIME MANAGEMENT  
STRATEGIES**

ZOOM MEETINGS FACILITATED  
BY TINA CHONG, PHD,  
ASSISTANT DIRECTOR BCLT

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**SIGN UP FOR A 4-WEEK  
WICKED SMART GROUP:**

**A) TUESDAYS, 11 AM-12 PM  
(2/23, 3/2, 3/9, 3/16)**

**B) THURSDAYS 4-5 PM  
(3/25, 4/1, 4/8, 4/15)**

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**Register right [here!](#)**

For more information contact Tina  
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**Bowdoin**

BALDWIN CENTER FOR  
LEARNING AND TEACHING