



# Do you want support for your **ADD/ADHD** & help accessing Rutgers campus resources?

Enrollment is now open for the **ACCESS** program!

*(Accessing Campus Connections & Empowering Student Success)*

**ACCESS** is an empirically-supported program providing college students with ADHD the knowledge & skills needed to reach their full potential at Rutgers.

## Program Details

- Eight weekly **90-min group meetings + 30-min 1:1 mentoring sessions**; optional booster groups and continued mentoring and coaching available in subsequent semesters
- Both **virtual & in-person groups** available
- Topic areas covered include **time management, organization, other behavioral strategies; skills in shifting unhelpful negative thoughts; learning about campus resources and how to obtain support services @ Rutgers**
- Available to **all Rutgers undergraduate or graduate students** with diagnosed/self-reported **ADD/ADHD** and willing to commit to attending weekly sessions
- Participation cost: **\$1000** per semester

To learn more about ACCESS or sign up, scan the QR code or go to: <http://tiny.cc/RutgersACCESS>

For questions, contact us @ [js3557@gsapp.rutgers.edu](mailto:js3557@gsapp.rutgers.edu)

