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# Support group for students with ADHD and similar difficulties

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University life can be both rewarding and challenging, so we all need support and resources. Our new support group aims to create a safe and welcoming space for students with ADHD (and similar difficulties) to connect, share experiences, and learn valuable strategies for academic and personal success. **You don't need to be officially diagnosed with ADHD or ADD** to be a part of this group, we welcome everyone.

**The group will take place in English, but is open to both English-speaking and Czech students** (don't be afraid if your English isn't perfect).

## What You Can Expect:

- **Peer Support:** You'll have the opportunity to meet fellow students who face similar challenges. Sharing your experiences and hearing from others can be incredibly empowering.
- **Resource Sharing:** Discover helpful resources, both on and off-campus, to support your academic journey and overall well-being.
- **Professional Support:** The group will be led by two experienced counselors (psychologist and a coach), you can ask them questions about managing ADHD-related issues, including time management, organization, study strategies, and stress management.

## Meeting Details:

**Date:** every two weeks on Thursdays

**Time:** from 3:00 PM to 5:00 PM

**Location:** Hybernská Campus

## How to Join:

There has been some free capacity at the group recently. You can come to Hybernská without previous registration. Or, for more information, you can write to **Mgr. Jakub Fiala** [jakub.fiala@cuni.cz](mailto:jakub.fiala@cuni.cz)