



07486 124414

You are invited to the
ADHD Support Group Meeting
Wednesday, 10th July 2024
7:30-9:00pm

St Oswald's Social Club, Padgate Lane, WA1 3LB

Our Aim

The aim of the group is to provide help and support to anyone affected by ADHD/ADD and associated conditions.

We don't claim to be experts, just families that have come together to support each other.

You do not need to have a confirmed diagnosis, and this is NOT something we can help with, but we are here to listen and share our experiences.

Working Together

The group is predominately led by parents. Members can be involved as little or as much as they would like.

Confidentiality is paramount so parents and carers can share their problems - this is sometimes half the battle. Being understood is the other.

We also encourage you to tell us what is missing within your support network.

Our July Meeting

This month a member of the Committee will talk to the group about

**ND (neurodivergent)
and the power of emotions
'disentangling anxiety'**

Have your questions ready.

Your friendly support group

Join the group and.....

- *Meet your Committee*
- *Meet new friends*
- *We can listen and support you*
- *Meet professionals and gain valuable knowledge*



There is a small charge of £1 to cover the cost of refreshments.

Facebook: @AdhdWarrington

*The ADHD Support Group is adults only (for now) and we look forward to seeing you at our meetings. If you would like to contact us, please call **07486 124414***