

UNIQUE

ADULT ADHD SUPPORT GROUP

NOT JUST A CHILDHOOD DISORDER...

Enjoy an evening with us and get:

- friendly and confidential support
- strategies and coaching
- time to talk freely with others
- guest speakers

You're not alone, come and meet like minded people and enjoy a cuppa

**1st Tuesday of the month 7-9pm and a Drop in Centre -
Every Thursday, 1.30 - 4pm at Spelthorne Wellbeing Centre
Greeno Centre, Glebeland Gardens, Shepperton TW17 9DH.**

**Other times by appointment*

Contact Donna on 07542 787090

For age 16 and over



www.adhdsurrey.org.uk