

ADHD SUPPORT GROUP

For adults with ADHD challenges to find balance, support and learn useful skills

We can help you:

Are you:

- Struggling to finish projects
- Stressed at work because you're bored and not getting things done
- Upset because of problems in your relationships
- Experiencing low self-esteem, always comparing yourself to others

- Create more effective routines, strategies and skills so you can get things done
- Feel more balanced and in control of events in your life
- Improve your self-confidence without sacrificing your boundaries
- Understand how ADHD impacts all realms of your daily life so you can thrive

SCAN FOR MORE INFO:

