

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

HOW TO DO ADHD WELL

ADULT GROUP

In-person group

In this five-session group, participants with ADHD* symptoms will:

- Build awareness of their strengths and ADHD-related limitations
- Learn skills to support their mental health and relationships
- Create an individualized toolkit of coping skills for time management, memory, sleep, exercise, diet/meals, running a household, dealing with procrastination, and getting things done
- Discuss workplace (or college/university) challenges, including decisions around disclosure and requesting accommodations

*ADHD refers to attention deficit with or without hyperactivity (formerly called ADD)

FEE*: \$100

*Further subsidies available if needed.

**MONDAYS, NOV. 11 - DEC. 9 2024
6:30-7:30 PM**

LEARN MORE AND REGISTER:



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UPCOMING-EVENTS**



519-669-8651



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