

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

UNDERSTANDING ADHD IN ADULTS

ADULT WORKSHOP

No cost, in-person workshop

Explore what Attention-Deficit/
Hyperactivity Disorder (ADHD) and ADD
looks like in adults and how it effects work/school, home
life, relationships, and mental health.

This workshop will also touch on woman-specific
differences in how ADHD presents. Discuss steps
towards getting a diagnosis and beginning the journey
of understanding and managing ADHD/ADD symptoms.
This workshop is designed for anyone with an interest
in ADHD.

MONDAY, OCT. 21 2024

6:30-7:30 PM

LEARN MORE AND REGISTER:



**WOOLWICHCOUNSELLING.ORG/
UPCOMING-EVENTS**



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