



07486 124414

You are invited to the
ADHD Support Group Meeting
Wednesday, 12th February 2025
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 February Meeting

This month we have invited
Clare Gillen,
who will provide information about

ADDvanced Solutions

Who they are and what they offer.
Learn about the workshops,
training sessions and community
network groups they run.

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***