



**ND >>>>  
Directed**

### Location

Space4Autism  
15-17 Mill Lane  
SK11 7NN

Course Start date: 28/01/26  
10am-12am Wednesdays

## Free Adult ADHD Self Support Course

Delivered by a Qualified  
and Experienced ADHD  
and Executive Function  
Coach

LOCAL

FREE TO  
ACCESS

## Learn



- Learn about the science and history of ADHD
- Understand the Neurology (Brain stuff) and how to work with it
- Discuss strategies and solutions for the challenges ADHD can cause us or those we care for



## Meet

- Build a support network in your local area
- Have a space for venting, questions or sharing your own experiences
- Come and talk with others experiencing similar challenges and experiences

## Thrive



Understanding ADHD and how to manage its challenges can help in reducing the risk of the following:

- Offending Behaviour
- Substance Misuse
- Family conflict/breakdown
- Job Loss
- Mental Health
- Physical Health
- Long-term unemployment

## Interested? Contact us at



07507653066

northwest@nddirected.org

This session is for adults only. We are actively working to provide family friendly spaces very soon. Contact us for more info

**BOOKING REQUIRED / 8 WEEK ROLLING PROGRAMME**