



ADHD Online Support Group for Adults

Creativity, spontaneity, the ability to **think divergently** and many other **positive traits** are all associated with ADHD.

Sometimes, however, coping with inattention, hyperactivity and impulsivity can be **overwhelming** and life can become a constant **struggle**.

Mannamead Counselling runs a weekly support group helping adults to understand and manage their ADHD.

We do this through:

- **cognitive behavioural therapy**
- **psychoeducation**
- **mindfulness**
- **group sharing**

'Judgement or blaming is not the point. Understanding is.'

Gabor Maté

THE COURSE:

The course is divided into modules looking at different aspects of ADHD, including attention and impulsivity.

Each module lasts for 5 weeks and costs £90. You can choose to attend one or more modules.

CONTACT:

Please contact Sally and Edward at Mannamead Counselling for further information and to register your interest:

mannamead.counselling@gmail.com

If you wish to learn more about us, please visit our website:

<https://mannameadcounselling.co.uk/>

