



For more information...

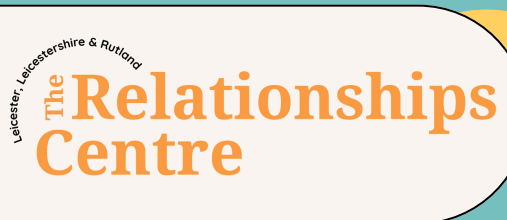
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Leicester, Leicestershire & Rutland

The Relationships
Centre



ADHD SUPPORT FOR ADULTS

NOW AVAILABLE TO BOOK

ADHD WORKSHOP FOR ADULTS

ABOUT THE WORKSHOP

In this workshop, participants will be welcomed into a supportive and engaging space designed to help adults explore and navigate ADHD in everyday life. Here's what you can expect:

- Supportive space for adults with a diagnosis or those who suspect they may have ADHD
- Open to individuals and couples — attend alone or together
- Small group setting (maximum of 8 participants) to encourage meaningful conversation
- Safe, inclusive and non-judgmental environment
- Psychoeducation to build understanding of ADHD in adulthood
- Practical strategies for daily life, relationships and identity
- Guided discussions to explore the impact of ADHD
- Opportunities to share lived experiences and connect with others
- Focus on reflection, learning and mutual support

HOW TO BOOK

Once you have decided that you would like to go ahead please contact us on one of the following options:

Call us on

0116 254 3011

Email us on

reception@rllr.org.uk

COURSE DETAILS

One off workshop

Group setting

£25 per person

Maximum 8 participants

1.5 hours