

“I know how my brain works”

like to leave, please do so below

I have really enjoyed the class felt very comfortable to share my story. ~~now~~ ~~more~~ I have learned so much about ADHD and what it really is, I now don't feel as alone in my feelings and thoughts. (I feel more normal) for
We appreciate all feedback!

I now know its ~~more~~ ~~normal~~ how my brain works.

“Empowering and unmasked”

Really worth while, informative and reliable course. It helped me understand characteristics my children show and made me re-evaluate myself and things I do un-consciously. Empowering, unmasked
We appreciate all feedback!

A Safe Space to be Me



West Belfast GP Federation



ADHD – Understanding my Condition

Even though I feel frustrated with lack of services, I am so grateful to you and you team being our voices. To feel part of something and being understood for the first time in my 45 and I know feel a new level of confidence for the very first time. I'm not stupid I'm diff and thats ok. Thank you ☺
We appreciate all feedback!

“45 and I feel a new level of confidence the very first time”