

Join our **in person ADHD** Peer Support Group!



Are you looking to connect with others who understand what it is like to live with ADHD?

Our monthly peer support group is the perfect place to share stories, swap tips, and support each other in a warm and friendly environment. Everyone's welcome!

6pm -7pm at Ernest English House, Buckwell Street,
Plymouth, PL1 2DA

23 April 2026	18 June 2026	17 Sept 2026	19 Nov 2026
21 May 2026	20 Aug 2026	22 Oct 2026	10 Dec 2026

How to book: www.eventbrite.co.uk – search ADHD peer support group

Join our **online ADHD** Peer Support Group!



Are you looking to connect with others who understand what it is like to live with ADHD?

Our monthly peer support group is the perfect place to share stories, swap tips, and support each other in a warm and friendly environment. Everyone's welcome!

Online via Google Meet 6pm -7pm

9 April 2026	4 June 2026	13 Sept 2026	5 Nov 2026
7 May 2026	9 Aug 2026	8 Oct 2026	3 Dec 2026

How to book: www.eventbrite.co.uk – search ADHD peer support group