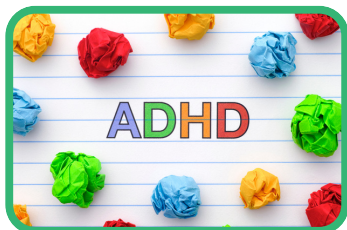


ADHD 5-WEEK LIFE ADMIN COURSE



Our support officers will assist you with a person-centred plan to create and achieve your goals.

You might want to better manage your paperwork or sort out a long-standing issue.

"I need someone to help me get everything organised"



"Things pile up and I don't know where to start"

We can help you:

- **Complete an initial assessment**
- **Create your action plans**
- **Work on coping mechanisms**
- **Increase your independence and resilience**



For more information and to sign up, please contact Bromley Well and quote 'ADHD Life Admin Course.'

Phone 0808 278 7898 or email emma.andrew@bromleywell.org.uk