



## Adult AD/HD Groups North East Support Groups North East UK

<http://aadhd-ne-uk.weebly.com/>

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### Our next Middlesbrough Meeting: **Wednesday 22<sup>nd</sup> JANUARY 2020**

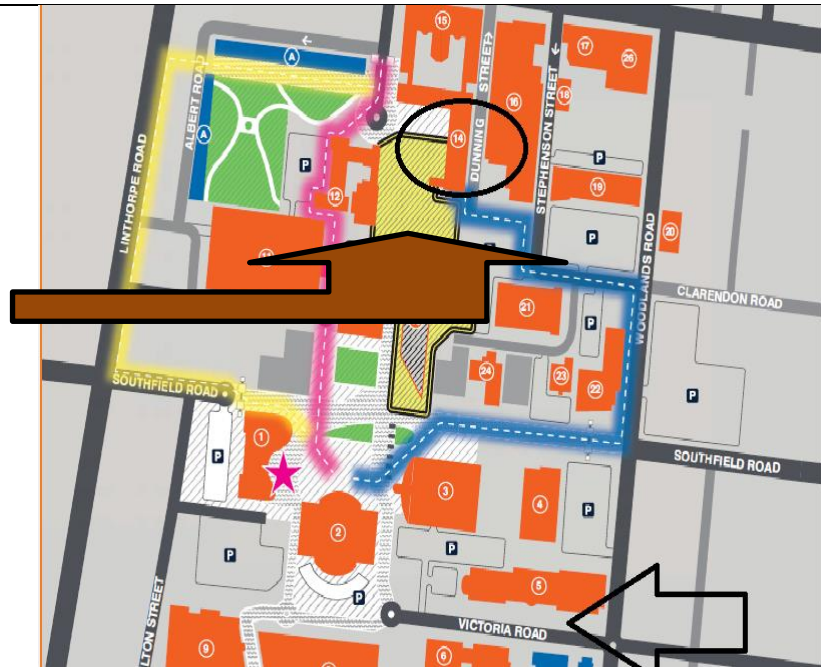
Middlesbrough Tower, University of Teeside TS1 3BA

Either the foyer or Floor 7, room 7.11 or\*

6 to 8:30 PM

The nearest parking is on Victoria Road, see the bottom of the map. Parking is free there after 18:00 and not too expensive before that. Or, if the barrier is up near the student union, parking is free outside the union from 4.30 onwards.

Please head into the foyer, (we could be there) of the Tower from the main entrance or floor 7 room 7.11. \*please check the website or ring/text nearer the time.



Our meetings are friendly & informal and open to anyone with a diagnosis (or in the process of seeking a diagnosis) of ADD ADHD & related conditions; parents & partners, allies, academics and professionals involved with AD/HD, or a related field, are also very welcome.

Please come along and share your experiences and knowledge of AD/HD, discuss the help that is available & useful coping techniques that minimise some of the difficulties that AD/HD etc. can present. We also like to celebrate the positive aspects of living with AD/HD.

A very useful UK-wide forum / information for adults with AD/HD

<https://aadduk.proboards.com/>

PS: Two of our other meetings in **JANUARY** both start at 6pm:

- South Shields (Tuesday 14th) Age Concern (ACTS) Dora Dixon House, 29 Beach Road / Corner of Anderson Street. NE33 2QU
- Newcastle (Tuesday 21st) Committee Dining Room, St. Nicholas Hospital Gosforth NE3 3XT