



**ADULT AD/HD SUPPORT
GROUPS NORTH EAST UK**

[web: https://aadhd-ne-uk.weebly.com/](https://aadhd-ne-uk.weebly.com/)

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OUR NEXT **SUNDERLAND** MEETING: **NEW VENUE!**

Wednesday 20th MARCH 2024

6 to 9 PM

SUNSHINE COOPERATIVE, SUNSHINE CORNER

170-171 High Street West, Sunnyside Sunderland SR1 1UP



- As you can see, we have moved our Sunderland meetings to a very different location! It's easy to find and there's a car park just a few yards away on the next block, to the right, free after 6pm.
- Our meetings are friendly & informal and open to anyone with a diagnosis (or in the process of seeking a diagnosis) of AD/HD & associated conditions. Parents & partners, allies, academics and professionals involved in this or a related field, are also very welcome.
- Drop in for a while or stay until 9. Please feel free to share your experiences and knowledge of AD/HD and related neurodiverse conditions. Discuss local help that is available & share useful coping techniques with other that can minimise some of the difficulties that diverse neurological conditions can present. We celebrate the positive sides of living outside neuro-typical boxes.

Our regional meetings for MARCH 2024:

Middlesbrough: Tuesday 5th | **Durham:** Thursday 14th |
Middlesbrough: Tuesday 19th | **Sunderland:** Wednesday 20th | **South
Shields:** Thursday 21st | **Newcastle:** Thursday 28th