

Life Admin Course

Bromley Adults with ADHD can join our FREE 'Life Admin' course and Peer Support Group.

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

" I need someone to help me get everything organised "

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

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

We will help you:

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

To sign up, contact Bromley Well

Freephone 0808 278 7898 or email spa@bromleywell.org.uk 

and quote 'Life Admin Courses - LD'

 @BromleyWell

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South East London