



WAITING FOR DIAGNOSIS GROUP ASD OR ADHD

Waiting for a diagnosis for ASD or ADHD can be stressful and cause anxiety. Take Off are starting a group for anyone struggling with the wait for a diagnosis, a safe space to share stories, experiences and strategies around understanding peers

The group runs fortnightly on Tuesdays at 5pm

For any further information or if you would like to attend, please feel free to get in contact using the details below

A place of positivity

Get support, advice and have fun

For ages 16+

FREE to attend

