

after school activity

Beautiful ADHD brain

A supportive after-school program for GIRLS aged 7-11 with ADHD, facilitated by Alina Peberdy Wellness

A wonderful, highly interactive, fun and educational program that will teach girls how their brain works in a creative and fun environment while making new friends, exploring their strengths and traits to learn what makes them unique and wonderful humans. Activities include art, games, craft, movement, physical activities, and relaxation, all designed to teach problem-solving skills, build resilience and confidence, and enhance each child's strengths.

**3 week group Tuesdays
29 Oct, 5 Nov & 12 Nov
4 - 5:30pm**

Contact us for more information
or to book into this activity.

We aim to create a supportive environment for all children. If your child would feel more comfortable in a different group, please let us know.

