

Why Try?[©] Group

Why Try? is a group for young people in Richmond in Years 9, 10 or 11 who have a diagnosis of ADHD and may be struggling at home or at school. **Why Try?** is a strengths-based approach to helping young people overcome their challenges and improve their futures.

The group meets weekly after school for eight to 10 weeks and focuses on motivation and emotional health as well as having fun!

Dates by arrangement.

Please contact ADHD Richmond if you are interested in finding out more or wish to put a young person forward.

ADHD Richmond

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