

UNMASKING:

**an in-person group for
ADHD'ers ages 19+ in Victoria
(self-diagnosis welcome)**

You deserve to feel understood

Sept 18th -
Nov 13th
6:30-8:00PM

(no group
Oct 30th)



**Join Ciara Harte & Amelia Lowe, clinical
counsellors with ADHD, to:**

- address internalized ableism
- learn systems that work for you & your
unique needs
- heal and build community
- celebrate your authentic self with others
who get it.

Cost: \$500+gst for eight 90 minute sessions
**can be covered by extended medical benefits*

Location: 1095 McKenzie Ave

Limit 15 participants

To sign up, email:
swellcounselling@gmail.com

