



ADULT ADHD

AWARENESS AFTERNOON

“BEATING LOW MOOD WHEN YOU HAVE ADHD”

Saturday, 1 June, 2019

When life feels like a struggle, or things go wrong, low mood can begin to take hold. Signs of low mood that we all recognise include feeling down, flat and tearful. But did you know that being easily frustrated, feeling irritable, having increased problems with concentration, appetite changes, sleep changes and higher levels of fatigue and pain are also signs of low mood?

Join Dr Amanda Mullin and learn some practical strategies to banish the blues, build resilience and manage your mood during tough times.

SPEAKER Dr Amanda Mullin, MAPS, FCCLP, Doctor of Clinical Psychology

WHERE St Barnabas Centre, 57-61 Mountain St, ULTIMO (near Broadway)

TIME 2.00 PM – 4.30 PM includes drinks and chat.
By donation to help cover costs on registration or at the door

TRAVEL Catch train to Railway Square near Central Railway. Walk west along Broadway, past Harris St., and Wattle St., and then look out for Mountain Street on the right. Or catch a bus that stops in Broadway near Mountain St (if heading east) or Buckland St (if heading west).

PLEASE REGISTER at our WEBSITE www.adultadhd.org.au

LOOK FORWARD TO SEEING YOU THERE

ALL WELCOME. REGISTER at www.adultadhd.org.au

Publications and resources will be on sale. Handout information will be **FREELY** available. Tea/coffee and chat afterwards.

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