

THINKING DIFFERENTLY: IDENTIFYING AND LIVING WELL WITH NEURODIVERGENCE

Monday, **for women only**
in person 30 June 2025, 10am-2pm.



This course is for women who are neurodivergent (ND) or wondering if they are, and will explore what it means for women to be neurodivergent.

Neurodivergent (ND) is an umbrella term for people who experience, interact with and think about the world around them in a different way to the majority of people, to the extent that it impacts on their daily lives. Some ND people will have diagnoses of autism, ADHD, dyslexia or others, while many won't have or even want a diagnosis.

The course will be delivered by two women tutors, with lived and professional experience. We will aim to debunk myths about neurodivergence, share access to resources and self-care tools, and provide a space to consider the benefits, drawbacks and challenges to accessing a diagnosis. Students will be able to share personal experiences as well as ask questions.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net



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