



# A Mental Health Awareness Workshop for Neurodivergent Women

For women (18+) who are neurodivergent (ADHD, autism, learning differences)

24th February, 5.30–7pm

Healthwatch Bury, 56–58 Bolton Street,  
Bury, BL9 0LL



Facilitated by Joanne Wells, trained counsellor (Hanoli Wellbeing)

A friendly, supportive workshop offering:

- Clear, accessible mental-health awareness
- Myth-busting & stigma-reducing discussion
- Tools for managing stress & overwhelm
- Breathing and grounding techniques
- Guidance on supporting others safely
- Signposting to local services

Book your place: [info@healthwatchbury.co.uk](mailto:info@healthwatchbury.co.uk)