



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