

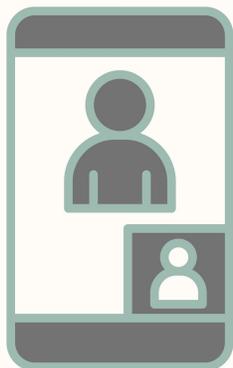
When Your Brain Works Differently

-ADHD Tools For Adults

This **virtual** presentation explores adult ADHD—what it is, how it impacts thinking and behavior, and why it can make everyday tasks feel harder than they should. Learn practical, ADHD-friendly strategies to support focus, organization, and energy, along with a more compassionate understanding of how different brains work.

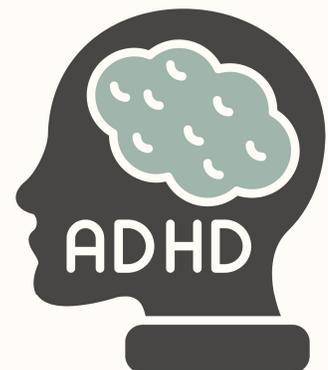
Monday March 23, 2026

5:30pm -7:00 p.m.



Register now with Chantal:
cblackshaw@sixnations.ca
(519) 751-6778

Please register by Mar. 20, 2026



Presented by
Six Nations Social Services,
Child & Family Services,
Clinical Services Unit

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