



Adelaide Adult ADHD

NEWSLETTER *LIGHT*

Adelaide Adult ADHD is a community and a voice for adults with ADHD.

FEBRUARY 2023

REGULAR UPDATES

WHERE YOUR COMMUNITY IS
WHO YOUR COMMUNITY IS
YOUR LIFE, YOUR VOICE

GET INVOLVED

WHO WE ARE



RIDING THE UPS AND DOWNS

Sometimes it all comes together - hyperfocus, hyperenergy, hyperenthusiasm, hyperproductivity. That's great!

Sometimes, it doesn't. And that's ok, too.

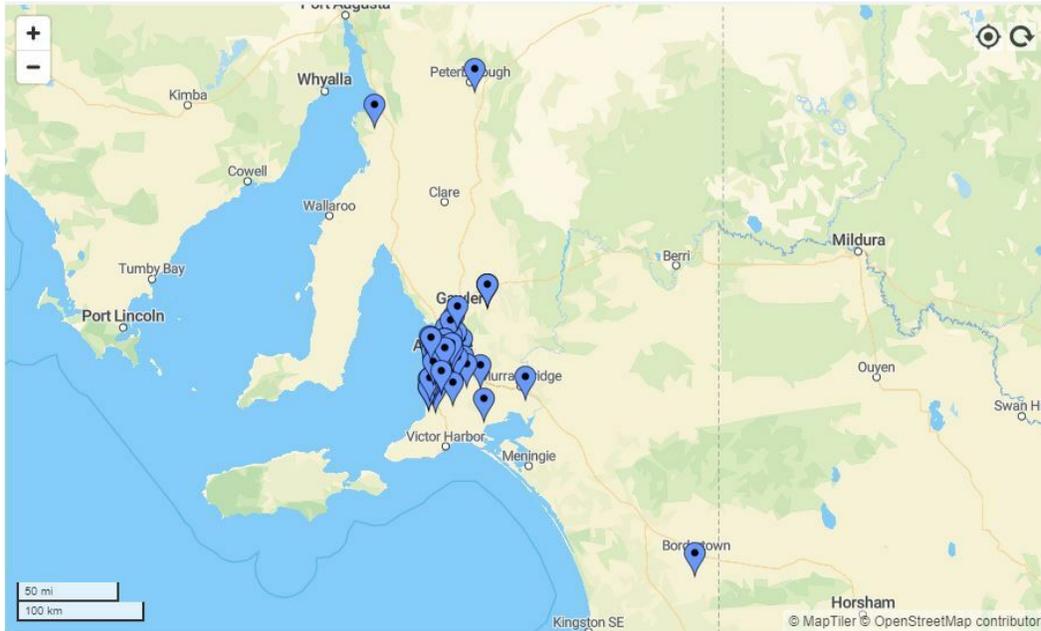
Things aren't coming together for Adelaide Adult ADHD at the moment. Nothing dramatic or disasterous, just a point in time when energy needs to be conserved and efforts need to be prioritised.

So, this newsletter is a *light* newsletter. You'll find updated information about your community, and you can still visit the website for interesting reads and useful information.

Take care, and be kind to yourself.

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 8/2/23. Responses included: 77



Help us, and help others, understand you and your community.

Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

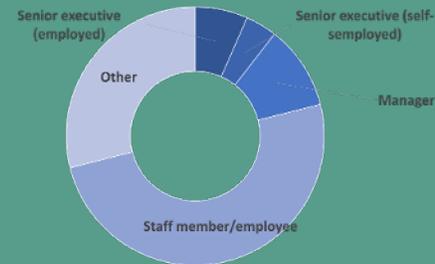
[More about your community](#)

[Be part of the picture \(completely anonymously\)](#)

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PROFESSIONAL ROLE



YOUR LIFE, YOUR VOICE

Tell us about your lived experiences of adult ADHD

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

[Stories](#)