

For every way you found to thrive in 2024 -
we celebrate you.

For every way you found to survive in 2024 -
we are proud of you.

For every hand you offered to another in 2024 -
we are grateful to you.

For every effort you put into 2025 -
we are behind you.

For every outcome you find space for in 2025-
we see you.

For every hand you offer to another in 2025-
we thank you.

*Thank you for being part of this lived
experience community*

Adelaide Adult ADHD