

LIVING WELL WITH NEURODIVERGENCE (IN ADULTS)
focusing primarily on ADHD and Autism



***Led by
Dr Jenna McKeown***

***Saturday 16th May 2026
10 am – 12.30 pm***

(Coffee available from 9.30 am)

***at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA***

This talk will cover some key points about what neurodivergence is,
focusing primarily on ADHD and Autism.

We will be debunking some common myths,
exploring some of the challenges which neurodivergent people
and their loved ones may face, as well as looking at some of the joys and strengths
which can come along with these conditions.

The talk will also have a focus on aiming to 'live well' with neurodivergence –
considering how we, or people we support, can have the best chance of thriving
in life, rather than merely surviving.

Signposting to further support and resources will also be provided.

*Led by Dr Jenna McKeown, a Clinical Psychologist with over 10 years post-qualification experience
in the NHS and Private Practice. Her work has involved assessment and therapy for people with all kinds
of mental illness. In her private work specifically, she carries out assessments of ADHD,
and offers post-diagnostic support and therapy to people with ADHD and/or ASD.*

**Please reserve a place, with payment of £8, by contacting Sally Pollard
email: pollard3@hotmail.co.uk, tel: 01483 428646 by Friday 8th May**