

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Unmasking ADHD in Girls Part 1: Understanding Female ADHD

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Tuesday Oct 6 2026
12:00 - 1:30 PM

ADHD can present differently in girls, often leading to misunderstood symptoms and delayed diagnosis.

Part 1 explores how ADHD presents in girls, why it is often missed, and the impact it can have at school, in relationships, and in everyday life.

* You do not need to attend both Part 1 and Part 2. You can attend either session individually or both sessions.

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