



# Neurodiverse wellbeing

**Every third Wednesday of the month at  
6pm - 7.30pm**


A friendly, understanding space for neurodivergent adults to connect, share experiences, and support each other's wellbeing. Whether you're diagnosed or exploring your neurodiversity, this group offers a safe space to talk, learn practical coping tools, and celebrate different ways of thinking.

**Contact us to sign up:**

01329 281445

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 **Solent** mind



**Wellbeing Centre**  
Fareham and Gosport