

NEURODIVERGENT MOTHERHOOD CIRCLE

@Storkway Children's Centre, Ridgebrooke Rd, SE20 3QX

Thursday
12.30 - 2.30pm

24 Sep- 29 Oct

YOU ARE NOT ALONE

Join our safe, sensory-friendly circle to breathe, connect, and thrive with mums who truly understand.

Meet Merrigan Archdale, Your Trusted Neurodiversity and Life Coach. Supporting late-diagnosed and self-identifying neurodivergent mothers with ADHD, Autism & Dyslexia



This is a 6 week course for neurodivergent mothers of 0-5 year olds.

This Circle Is For You If:

- ✓ You're struggling with planning, focus, and managing daily demands.
- ✓ Sensory Overload (touch/noise)
- ✓ Feeling overwhelmed by mainstream groups.
- ✓ In need for ND-friendly practical tools and peer support.

Booking required.

If you have a pre walker they will join you in the sessions. Crèche spaces are limited for older siblings. Course is FREE. Please call 020 8331 1970 or email storkway@gll.org



Part of the Greenwich
Family Hubs Network



Children's Centre owned and supported by the Royal Borough of Greenwich

NEURODIVERGENT MOTHERHOOD CIRCLE

Take a look at feedback shared by parents who attended the last course

"This was a great space for neurodivergent mums to come together and share feelings and experiences with the goal of better understanding ourselves and our needs."

"The most valuable part of the Neurodivergent Motherhood Circle was understanding my energy limits; now I can use the 'spoons' framework to explicitly communicate my boundaries without the usual RSD guilt. I also finally feel no shame about using my sensory accommodations. Sharing this space with other neurodivergent mums and dropping the mask was incredibly validating."

"I can't recommend this motherhood circle enough. From the moment I arrived, I felt genuinely understood and welcomed something that can be hard to find as a neurodivergent new mum. The sessions are thoughtfully paced, with no pressure to participate, which made it so much easier to relax and just be myself."

"I felt alone before taking this class, kept getting treated differently by other parents who don't understand Autism. I've since learned by coming along that I'm not the only one feeling this way and now understand more about myself and have made some mum connections. I would highly recommend this to anyone who feels the same and would take the class again if possible because of the sense of belonging and community."

About Merrigan, Life Coach, London UK

Neurodiversity Coach and Workplace Inclusion Expert

I'm Merrigan, a neurodiversity coach and workplace inclusion specialist dedicated to helping individuals with ADHD, autism, dyslexia, and dyspraxia unlock their potential. From classrooms to corporate spaces, my journey has been focused on supporting neurodivergent individuals to lead fulfilling, empowered careers through neurodivergent career coaching and tailored strategies.

My own diagnosis with Dyspraxia during law school transformed how I view support. Now, I help clients grow in confidence, boost communication skills, and build strategies that actually work, for their brain and their goals, through ADHD coaching, neurodivergent life coaching, or neuroinclusive workplace coaching.

Contact Merrigan directly on:
+447766219620 or email
thrivecoachinglondon23@gmail.com

