

**Adult Network
(Monday) meetings**

For more details about any of these meetings, please see our events page here:

<https://www.dyslexiascotland.org.uk/events>

For more details about the adult network meetings/format, please see:

<https://www.dyslexiascotland.org.uk/our-adult-networks>

Evening meetings at 6.30pm to 8.30pm

Via Zoom (until further notice)

Meeting Schedule for 2022

Date	Topic
Monday 17 January	Feelings of Injustice in the Workplace and Adult Education (and what to do about them); small group discussions
Monday 21 February	Mindfulness; led by Liz Rodger
Monday 21 March	Adult Dyslexic Experiences across the UK and Ireland; Bob P and Paul R
Monday 11 April	Dyslexia and Mental Health; Michael S
Monday 16 May	NLP (title to be confirmed); Kelly H and Teri M
Monday 20 June	Dyslexic Thinking Skills; small group discussions
Monday 5 September	Seven C's of Resilience; Iain McKinnon
Monday 3 October	Being Your Best Self; David Y
Monday 7 November	Dyslexia Awareness Week (theme tbc)
Monday 5 December	Dyslexia and Creativity; led by Lucy G