

## Northern Beaches



### Support Group

*A problem shared is a problem halved*

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly speaker evenings. The group provides a safe & supportive environment to discuss and learn more about ADHD. Also suitable for adults with ADHD and professionals working with ADHD.

### LISA HUGHES

OCCUPATIONAL THERAPY HELPING CHILDREN



### “Improving Concentration & Behaviour for your ADHD Child”

Lisa Hughes is the Director & Senior Clinician at Occupational Therapy Helping Children. With over 25 years experience in Paediatrics, she has worked in both Australia & the US in community health and private practice. She has presented many professional papers and is particularly focused on developing intervention strategies and support for children with Autism, Sensory Processing Disorder and ADHD.

**Contribution: \$5 at the door**

**Tuesday, 15<sup>th</sup> November 2016 @ 7.00-9.00pm**  
**Pittwater RSL, The Auditorium, Mona Vale**

Ticket reservations essential via the website or

<http://www.eventbrite.com.au/org/4222746751>



Facebook: <https://www.facebook.com/BeachesADHDSupport>  
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>  
[www.instagram.com/gutfulofadhd](http://www.instagram.com/gutfulofadhd)

Email: [nbadhdsupportgroup@hotmail.com](mailto:nbadhdsupportgroup@hotmail.com)

Website: [www.northernbeachesadhdsgroup.com.au](http://www.northernbeachesadhdsgroup.com.au)



ADHD Guide

Your guide to ADHD information,  
services & resources in the  
Northern Sydney region  
[www.adhdguide.com.au](http://www.adhdguide.com.au)



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