

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.

**Tim Lucas**



**“Neurofeedback: An Effective Treatment for ADHD”**

Tim Lucas, Sydney-based Neurotherapy practitioner, will discuss Neurofeedback as an effective treatment option for those with ADHD.

Otherwise known as “brain training”, this safe and non-invasive technology aims to regulate the brain’s neural networks and improve overall symptoms. Drawing on his own clinical experience and recent advancements in scientific research, Tim will demonstrate how Neurofeedback can target areas of the brain associated with ADHD to ultimately assist attention, learning and behaviour. Tim will touch on why his clinic’s innovative technologies offer the most informative and comprehensive Neurofeedback and qEEG services.

**Tuesday, 7<sup>th</sup> March 2017 @ 6.45-9.00pm**  
**Pittwater RSL, The Auditorium, Mona Vale**

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

**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)



Venue kindly sponsored by  
Pittwater RSL Club