

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.

SPEAKER EVENING WITH DR CAROLINE STEVENSON PhD



“ADHD & AVOIDANCE: UNDERSTANDING WHY CHILDREN WITH ADHD HAVE SO MUCH DIFFICULTY WITH TASKS THAT REQUIRE MENTAL EFFORT & PLANNING!”

In this seminar, Caroline will discuss the challenges children with ADHD have with tasks that require mental effort and planning such as homework, getting organised and writing tasks. Caroline will explain models of ADHD and talk about strategies that help children get STARTED.

Caroline is a Clinical Psychologist specialising in the assessment & management of ADHD.

**Tuesday, 4th APRIL 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
Email: nbadhdsupportgroup@hotmail.com
Website: www.northernbeachesadhdsupportgroup.com.au



ADHD Guide

Your guide to ADHD information,
services & resources in the
Northern Sydney region
www.adhdguide.com.au



Venue kindly sponsored by
Pittwater RSL Club