

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 Rosalba Courtney



Breathing & Sleep - How improving these helps your child's brain, nervous system & behaviour

Did you know your child's breathing has an impact on their brain function, sleep quality and behaviour? Research studies show children who snore or have other signs of sleep disordered breathing are much more likely to develop behavioural and learning difficulties.

In this talk Dr Rosalba Courtney will talk about how these conditions are linked in children, why they arise and what parents can do to improve their child's breathing and sleep.

Dr Rosalba Courtney is one of the world's leading experts in breathing dysfunction & breathing therapy. She has a PhD on the Assessment and Clinical Relevance of Breathing Dysfunction and has published many scientific papers and book chapters on this subject.

Tuesday, 25th July 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/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