

STARTS

5 November  
2026

Thursdays, 10:30am–12pm

WHERE

## Macquarie Park

Suite 1.01/32 Delhi Road  
Five-minute walk from North  
Ryde Metro

PROGRAM

4 weeks

1.5 hours weekly

Maximum 8 families · same  
group across all four weeks

PROGRAM FEE

\$500

Per family, for the four-week  
program. Includes up to two  
parents or carers from the  
same family.

SCAN TO REGISTER

[adhdgrouptherapy.com.au](https://adhdgrouptherapy.com.au)



OR CALL

02 7256 7070

# Understanding the ADHD Brain



Practical skills for calmer, more connected parenting.

For parents and carers of children in Kindergarten to Year 6. Children do not attend.

Parenting a child with ADHD can sometimes feel like the usual strategies just don't work. This four-week program helps parents **understand what is happening beneath the behaviour** and develop practical strategies for emotional regulation, routines, behaviour, connection and independence.



**Less conflict. More understanding.** Practical strategies you can use at home.

FOUR TOPICS OVER FOUR WEEKS

**Week 1** Understand the ADHD brain  
Executive functioning, self-regulation and  
why everyday tasks can be harder.

**Week 2** Strengthen connection  
Co-regulation, emotional safety, positive  
interactions and confidence.

**Week 3** Practical ADHD strategies  
Routines, reinforcement, consequences,  
organisation and reducing conflict.

**Week 4** Build for the future  
Emotional regulation, problem-solving,  
repair and your family action plan.

## Register your interest

Places are deliberately limited so parents  
have the opportunity to ask questions and  
apply the strategies to their own family.

[adhdgrouptherapy.com.au](https://adhdgrouptherapy.com.au)

# ADHD can change the way everyday parenting works.

A child may know what they are supposed to do, and still struggle to do it. They may become overwhelmed quickly, forget instructions, struggle with transitions, react intensely, need constant reminders or find routines much harder than expected.

## THIS PROGRAM MAY HELP IF YOUR FAMILY IS EXPERIENCING

- constant battles around routines, homework or getting ready
- emotional outbursts that escalate quickly
- difficulty following through despite repeated reminders
- consequences that seem to make little difference
- challenges with organisation and independence
- concerns about confidence or self-esteem
- uncertainty about when to push and when to provide more support

**Understanding why** can help change how you respond.

## WHAT YOU'LL LEAVE WITH



### Understanding

A clearer picture of ADHD, executive functioning and self-regulation.



### Connection

Ways to strengthen your relationship without giving up boundaries.



### Strategies

Practical approaches to routines, reinforcement, consequences and organisation.



### Confidence

A better framework for deciding how to respond when things become difficult.



### Your plan

Strategies you can continue using after the four-week program ends.

## YOUR FACILITATORS



### PROGRAM LEAD

**Holly Suen**

Registered Psychologist  
Board-Approved Psychology Supervisor  
Master of Brain and Mind Sciences  
**Child & Adolescent Programs Lead**



### CO-FACILITATOR

**Meg Lewis**

Provisional Psychologist  
Registered Play Therapist  
Master of Mental Health Science  
(Child Psychotherapy)

## PROGRAM DETAILS

### SESSIONS

Thursdays 10:30am-12pm,  
from 5 November 2026

### DURATION

**4 weeks**, 1.5 hours weekly

### LOCATION

Suite 1.01/32 Delhi Road  
Macquarie Park NSW 2113

### FOR

Parents and carers of children  
in Kindergarten to Year 6.  
Children do not attend.

### GROUP SIZE

**Maximum 8 families**

### PROGRAM FEE

\$500 per family for the full  
four-week program, including  
up to two parents or carers  
from the same family

## HOW TO JOIN

- 1 Register your interest
- 2 Complete a brief suitability conversation
- 3 Secure your place
- 4 Start Thursday 5 November

## REGISTER YOUR INTEREST

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