

COMMENCING

5 November
2026

Thursdays, 10:30am–12pm

FORMAT

4 weeks

1.5 hours weekly

Closed group of 8 families

WHERE

Macquarie Park

Suite 1.01/32 Delhi Road

Five-minute walk from North
Ryde Metro

PROGRAM FEE

\$500

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

No Medicare rebate applies.

PROGRAM DETAILS ONLINE

adhdgrouptherapy.com.au



OR CALL

02 7256 7070

INFORMATION FOR REFERRERS

ADHD Parent Program



A structured parenting pathway for families in your care.

Parents and carers of children in Kindergarten to Year 6 with a formal diagnosis of ADHD. Children do not attend.

A four-week, psychologist-led parent program commencing 5 November 2026 at Macquarie Park, Sydney. Sessions help parents **understand what is happening beneath the behaviour** and build practical strategies for emotional regulation, routines, behaviour, connection and independence.

A formal ADHD diagnosis is required. Families may continue existing individual therapy, paediatric or psychiatric care alongside the program.



FOUR TOPICS OVER FOUR WEEKS

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

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

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

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

Refer or enquire

A brief suitability conversation precedes every placement. Families may also register directly, and can register interest for future intakes.

adhdgrouptherapy.com.au

A child may know what they are supposed to do, and still struggle to do it.

MAY BE APPROPRIATE WHEN

CLINICAL PRESENTATION

- emotional dysregulation and rapid escalation
- limited response to standard behavioural strategies
- executive functioning difficulties affecting daily routines
- impulsivity with subsequent regret
- emerging concerns about confidence or self-esteem

AT HOME

- escalating conflict over routines and getting ready
- parents exhausted by daily negotiation
- repeated battles over homework and organisation
- consequences that make little difference
- uncertainty about when to push and when to support
- siblings affected by household tension

A formal ADHD diagnosis is required. ADHD assessment and diagnosis are outside the scope of this program.

PROGRAM SCOPE

The program is intended for parents and carers of primary-school-aged children with an existing formal diagnosis of ADHD. The group focuses on parent skills; children do not attend or undergo assessment. ADHD assessment, diagnostic clarification and individual diagnostic advice are outside the scope of the program.

CLINICAL PATHWAY

- 1 Referral or self-referral.** Families are directed to the enquiry form at adhdgrouptherapy.com.au.
- 2 Suitability conversation.** A brief conversation with the program lead to confirm the group is appropriate. This is not an ADHD assessment.
- 3 Commencement.** Thursday 5 November 2026.

FACILITATORS



PROGRAM LEAD

Holly Suen

Registered Psychologist
Board-Approved Psychology Supervisor
Master of Psychology
(Educational and Developmental)
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 with
a formal diagnosis of ADHD.
Children do not attend.

GROUP SIZE

Maximum 8 families

CONCURRENT CARE

Existing therapy, paediatric or
psychiatric care may continue

PROGRAM FEE

\$500 per family for the full
four-week program, including
up to two parents or carers
from the same family.
No Medicare rebate applies.

REFER OR ENQUIRE

adhdgrouptherapy.com.au

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