

ABOUT US

**WE PROVIDE
SUPPORT, TOOLS
AND PRACTICAL
STRATEGIES FOR
THOSE WHO
LOVE SOMEONE
WITH ADHD**

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I am a mum to a son who has ADHD. I started ADHD support groups because of the isolation and the misconception surrounding this disorder. I want to stop parents from feeling lonely and helpless. I want to educate and empower parents to take charge, to give tools, strategies and provide connections so we can live a happier and easier ADHD life.

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WE OFFER

- SUPPORT GROUP MEETINGS
- ONE ON ONE CONSULTATIONS
- PARENTAL EDUCATIONAL COURSES
- GROUP PLAY DATES
- ACCESS TO SERVICES AND HEALTH PROVIDERS
- SIBLING SUPPORT CLASSES



ADHD is now considered to be a neuro genetic disorder, with causes being related to genetics and/or difficulties in brain development, especially in the fronto-striatal-cerebellar circuits of the brain where the 5 main areas of executive functioning in the brain are impaired.

There is only one ADHD and there are 3 subcategories of ADHD:

- Predominantly inattention presentation
- Predominantly hyperactive/impulsive presentation

- Presentation of a combination of the two

The resulting symptoms and severity people with ADHD experience, are directly linked to these affected circuits and subsequent pathways, being damaged and/or disrupted. The more severely damaged/disrupted these pathways are, the more severe the symptoms of ADHD appear.



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Support Groupss

DISCLAIMER: Information provided by ADHD Support Groups shall not be considered as a substitute for medical care, therapy and/or advice of a medical practitioner. ALWAYS seek medical advice and treatment from a medical practitioner.