



2025

Events, Programs,
Workshops, and Peer
Support Groups



Website:
www.adhdwa.org



Email Address:
hello@adhdwa.org

As at July 2025

The schedule may change without notice. Please refer to the ADHD WA website for the full list of events, programs, workshops and peer support groups throughout 2025.



About ADHD WA

ADHD WA has been supporting the ADHD community in WA since 1993.

As a research-based community support and information organisation, we assist and empower people with ADHD. We also work alongside their families, partners, co-workers, teachers, or anyone who is connected to someone living with ADHD.

We strongly believe that the more people who receive proven, evidence-based information, the easier it will be to reduce the stigma surrounding ADHD and increase the life quality of our ADHD community.

Our Mission

The ADHD WA mission is to provide support, advocacy and expert information to members, adults, families and people affected by ADHD, to advocate on their behalf and to work collaboratively with others to ensure the availability of services.

Our Vision

Our vision is for a fully neuroinclusive Western Australia. That the challenges of people with ADHD will be recognised, acknowledged and supported. Multimodal management interventions and treatment will be available and affordable to both children and adults affected by ADHD.

Our Values

Empathy	Fairness and Respect
Integrity and Truthfulness	Collaboration
Ethical Service Provision	Professionalism



Our Services



ADHD Assessments



Therapy



ADHD Coaching



Resources and Events



Peer Support Groups



Group Programs and Workshops



Education and Training



Visit the services
section on our
website to learn
more

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Website:

www.adhdwa.org





Peer Support Groups

"You can't underestimate how important it is to feel understood and have a sense of belonging — it's like finding your tribe." - ADHD WA Member

ADHD WA offer a range of peer support groups running in-person and online each month. These peer support groups are **free and exclusive for ADHD WA Members**. Each group is run by an expert facilitator to help guide conversations and ensure the environment is safe for all those participating.



For Adults



Adult In-Person
Meets twice a month

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Adult Online
Meets once a month

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Newly Diagnosed Women In-Person (Bunbury)
Meets once a month

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For Parents/Carers



Parent In-Person:
Meets once a month

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Parents of Children aged 6-17 Online: Meets once a month

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Parents of Children Aged 18+ Online: Meets once a month

[LEARN MORE](#)

Scan the QR codes or click "learn more" for more information about Peer Support Groups and to register online.



Walk and Talk

This is an informal chance to meet other members of the ADHD WA community, get some fresh air and share your experiences. **Meets once a month at Galup (Lake Monger) in Leederville/Wembley.** Keep an eye on our website for dates.

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Family Picnic

Our family picnics are a great way to meet other families in a relaxed, supportive, inclusive and fun environment. We will be revamping our Family Picnic in 2025. **Keep an eye on the Family Picnic page on our website for updates.**

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Programs for Parents, Children and Adolescents



SPARK

SPARK Your Support

This 6-week program focuses on equipping **parents and carers** of primary and secondary aged children with strategies on how to support those in their care with ADHD.



SPARK

SPARK Your Resilience

This 6-week program focuses on better understanding emotions and friendships to help build resilience and social skills for primary and secondary school-aged **children together with their parent/carer**.



SPARK

SPARK Your Potential

This 6-week program focuses on developing executive function skills (*eg organisation and time management*) for primary and secondary school-aged **children together with their parents/carer**.



SPARK

A research informed program for children, adolescents and their parents

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Adult Group Therapy Programs and 2-Part Group Workshops



Emotional Regulation (6-Weeks)

[LEARN MORE](#) ➡



Boosting Productivity
(2 Part-Workshop)

[LEARN MORE](#) ➡



SPARK your Study
(2 Part-Workshop)

[LEARN MORE](#) ➡



Romantic Collaborative Relationships
(2 Part-Workshop)

[LEARN MORE](#) ➡



Mindful Self Compassion
(2 Part-Workshop)

[LEARN MORE](#) ➡



6-Week Program



Emotional Regulation Group Program

ADHD WA is offering a 6-week group therapy program for adults that focuses on how adults can manage their emotions and use more **effective problem solving and communication**, to experience less distress and fallout from situations that evoke strong emotions.

Program Focus Areas

- Identify and manage unhelpful thoughts
- Manage health and wellness to reduce emotional reactivity
- Develop skills for problem solving difficult situations
- Learn fundamental relaxation, distraction, and mindfulness strategies
- Handle intense emotions so as to react less impulsively
- Communicate your needs to others more effectively

2025 Dates

MARCH - MAY 2025

Thursdays | 4:30pm - 6:00pm

Session 1: 27/3/2025	Session 4: 17/4/2025
Session 2: 03/4/2025	Session 5: 24/4/2025
Session 3: 10/4/2025	Session 6: 01/5/2025

SEPTEMBER - OCTOBER 2025

Thursdays | 4:30pm - 6:00pm

Session 1: 11/9/2025	Session 4: 02/10/2025
Session 2: 18/9/2025	Session 5: 09/10/2025
Session 3: 25/9/2025	Session 6: 16/10/2025

Learn More and Register



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Location:

The ADHD WA Hub
109 Montgomery Ave, Mount Claremont



2-Part Workshop



Boosting Productivity Group Program

Individuals with ADHD often struggle with **executive function skills**. This 2-session workshop will provide participants with a better understanding of executive function and practical skills to help and support in *boosting productivity*.

Be equipped with skills in:

- Managing events in your calendar/planner
- Increasing motivation and wellness
- Using a to-do list to keep track of tasks
- Improved prioritisation
- Managing strong emotions and unhelpful thoughts about tackling tasks
- Breaking projects down so they are more manageable

2025 Dates

MARCH:

Part 1: Monday 10/03/2025

Part 2: Monday 24/03/2025

Time:

8:30am - 12:30pm

JULY:

Part 1: Friday 11/7/2025

Part 2: Friday 25/7/2025

Time:

8:30am - 12:30pm

We're currently finalising dates for a workshop later this year, with details to be announced soon.

Learn More and Register



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Location:

The ADHD WA Hub

109 Montgomery Ave, Mount Claremont



2-Part Workshop



SPARK Your Study

ADHD WA has adapted our Acing University workshop into a new, focused workshop series: SPARK Your Study. Designed to support students navigating study with ADHD, this program is suitable for those in Years 11 and 12, as well as students over 18 at university, TAFE, or other higher education providers.

Be equipped with skills in:

- How to effectively set goals, estimate and manage time
- How to effectively use a calendar/planner to keep track of appointments and to-do lists to keep track of tasks
- Strategies to increase motivation, improve prioritisation and general well-being
- Skills to manage strong emotions, unhelpful thoughts about tackling tasks and reduce emotional overwhelm
- Unpacking navigating friendships, group work and conflict management in a University context

2025 Dates

SEMESTER 2

Part 1: Friday 12/09/2025

Part 2: Friday 26/09/2025

Time:

8:30am - 12:30pm

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Location:

The ADHD WA Hub

109 Montgomery Ave, Mount Claremont



Collaborative Romantic Relationships

Clinical Psychologist and Neuropsychologist Dr Andrew Sheridan in collaboration with international ADHD in Relationships expert and Author, Melissa Orlov, have developed a **highly practical two-part program** with between-session practice tasks to support a **thriving collaborative romantic relationship**.

Who is this Workshop for?

This 2 part workshop is best for couples navigating the routine ups and downs of romantic life where one or both members of the couple have ADHD (formally diagnosed, or not formally diagnosed), rather than couples in acute turmoil because of recent infidelity or domestic violence.

Couples will be equipped to:

- Build an understanding and acceptance of ADHD in a romantic relationship
- Improve communication and problem solving together as a couple
- Address role imbalances and increase teamwork/collaboration
- Exercise strategies for a close, respectful, and emotionally supportive relationship
- Manage frustrations and self-doubt when faced with challenges

2025 Dates

APRIL

Part 1: Saturday 05/04/2025

Part 2: Saturday 12/04/2025

Time:

8:30am - 12:30pm

We're currently finalising dates for a workshop later this year, with details to be announced soon.

Location:

The ADHD WA Hub

109 Montgomery Ave, Mount Claremont

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Mindful Self Compassion

Individuals with ADHD often struggle with practising self-compassion. Self-compassion is being warm and kind to oneself when we encounter pain, failure, or perceived inadequacy. The Mindful Self-Compassion Program is focused on **enhancing self-compassion and mindfulness**, enhancing **overall wellbeing**, and helping to **tackle the challenges** of everyday life that can accompany ADHD.

Key focus areas

- Understanding the components of mindfulness and self-compassion
- Understanding mindfulness in the body and brain
- Enhance overall wellbeing through different practical exercises
- Help tackle the hurdles and challenges of everyday life that can accompany ADHD
- Stress management techniques including relaxation and meditation

2025 Dates

JUNE

Part 1: Friday 13 June 2025

Part 2: Friday 27 June 2025

Time:

8:30am - 12:30pm

Location:

The ADHD WA Hub

109 Montgomery Ave, Mount Claremont

This will be a highly practical group with between-session practice tasks, that we hope will be of great benefit to those who attend.

Learn More and Register



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Community of Practice Events

ADHD WA Professional and SPAWA Members are invited to quarterly Communities of Practice (CoP) events which provide an opportunity to network, share, learn and build collective knowledge amongst peers working within the ADHD field.

At our CoP events, members can engage in meaningful discussions, exchange ideas, and explore best practices in the realm of ADHD. The diverse range of perspectives and expertise within the group creates a dynamic environment where professionals can gain valuable insights, discover innovative approaches, and establish connections with peers who share a common dedication to enhancing the understanding and support for individuals with ADHD.



2025 Dates:

Monday 7 April 2025

Monday 23 June 2025

Monday 1 September 2025

Monday 10 November 2025

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Teacher Professional Development

Term 1: Friday 14 March 2025

Term 2: Friday 27 June 2025

Term 3: Friday 5 September 2025 (ONLINE)

Term 4: Friday 7 November 2025

School Psychologists and Counsellors Training Program

Term 1: Thursday 27 March 2025

Term 3: Thursday 21 August 2025



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2025 Program and Workshop Overview

JANUARY

FEBRUARY

- SPARK Your Support Primary
- SPARK Your Potential Upper Primary
- SPARK Your Resilience Lower Primary
- SPARK Your Support Secondary
- SPARK Your Resilience Secondary
- SPARK Your Potential Secondary

MARCH

- Boosting Productivity Workshop
- Teacher PD
- School Psychologist PD
- Emotional Regulation Group Program
- Aging University Workshop

APRIL

- Collaborative Romantic Relationships Workshop
- Community of Practice Event
- SPARK Your Support Primary
- SPARK Your Potential Lower Primary
- SPARK Your Resilience Upper Primary
- SPARK Your Potential Primary

MAY

JUNE

- Mindful Self Compassion Workshop
- Teacher PD
- Community of Practice Event

JULY

- Boosting Productivity Workshop
- SPARK Your Support Primary
- SPARK Your Potential Upper Primary
- SPARK Your Resilience Lower Primary

AUGUST

- SPARK Your Support Secondary
- SPARK Your Resilience Secondary
- SPARK Your Potential Secondary
- School Psychologist PD

SEPTEMBER

- Community of Practice Event
- Teacher PD
- SPARK Your Study Workshop
- Emotional Regulation Group Program

OCTOBER

- SPARK Your Support Primary
- SPARK Your Potential Lower Primary
- SPARK Your Resilience Upper Primary

NOVEMBER

- Teacher PD
- Community of Practice Event

DECEMBER



SPARK

6 Week Group Programs

- Parent/Carer Only
- Parent/Carer + Child
- Parent/Carer + Child

- Part of Full Day Professional Development
- Two-Part Group Workshop
- 6 Week Adult Group Therapy

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AWARENESS | ADVOCACY | SUPPORT



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