

Learning Support News – Community Events and Information

Speech & OT - Free Drop-In Clinic



Kids OT and Farran De Wet (ECIP) have teamed up to offer a free joint OT/Speech Drop-In clinic for the local community.

Located at Suite 13, Forestway Shopping Centre, the clinic operates from 2:30-3:15pm weekly, excluding school holiday periods and public holidays.

No bookings necessary. All questions welcome!

<http://www.kidsot.com.au/>

Mental health and Wellbeing

Do you know about the services available to us all?

Mental Health Referral Pathways

- Mental Health Line
- General Practitioners
- headspace

Chatswood (02) 8021 3668 **Brookvale** (02) 9937 6500

- Karrikan (02) 9196 8700
- Sydney North Primary Health Network (SNPHN)
Mental Health Triage Phone: 1300 782 391

**Health**
Northern Sydney
Local Health District



Northern Beaches ADHD Support Group

<http://www.northernbeachesadhdsupportgroup.com.au>

The Northern Beaches ADHD Support Group is a voluntary support group set up in 2013 and run by ADHD mum, Vivian Dunstan.

Vivian likes to keep an open mind and is interested in both holistic and traditional ways of helping people with ADHD. Many of the monthly speakers offer information on ways of treating or supporting the lives of those with ADHD or those with ADHD symptoms that are often not so widely known about. However, speakers also discuss traditional strategies such as medication, psychology or occupational therapy.

Vivian organises a variety of events to support parents of children/teenagers with ADHD throughout the year. Certain speaker evenings are also suitable for professionals working with people with ADHD or for adults with ADHD and all are welcome.

Choose from:

- * Monthly speakers evenings with experts in the field of ADHD and health & wellness
- * Termly Parenting Children with ADHD 6-week course
- * Essential oils for ADHD, Anxiety, Sleep & Self-care workshops held regularly
- * Online ADHD Book Discussion group
- * Look out for events like the recent *Relax. Recharge. Refresh* self-care afternoon or the Festive Drinks evening.

Many events give the chance to network and find support with other parents and to share ideas/resources.

You can also look for professionals, resources and information on the online ADHD Guide created by Vivian at www.adhdguide.com.au