



GOS TALKS
Free
Parenting
Event

PARENTING OUR KIDS WITH ADHD

Strategies to help them thrive presented by Lou Brown.

Parenting a child with ADHD can be challenging but it can also be a rich and rewarding experience, especially if we learn to pro-actively parent our children from an ADHD perspective using a compassionate and empowering approach.

This workshop is designed to help you really understand ADHD and the many ways it manifests in your child's life, both in their unique gifts and their individual challenges.

Wednesday 25 November | 10.00AM to 2.00PM
Don Russell Performing Arts Centre
Lot 13 Murdoch Road
Thornlie

To register:



P | 9251 5777

E | parenting@communicare.org.au

B | parentingkidswithadhd.eventbrite.com.au

"I feel so blessed to have attended this workshop very soon after my son's diagnosis. I feel way more empowered to harness his strengths and to guide and help him thrive." - Clare Griffith, Sydney.

ABOUT THE PRESENTER

Lou Brown is an ADHD Coach, Consultant & Advocate, a non-practicing Registered Nurse, and a Master of Philosophy (Nursing & Midwifery) student. She is also the author of ADHD in Primary School: a comprehensive guide to understanding and supporting students with ADHD in the classroom and the blog Thriving with ADHD. Prior to becoming a coach, Lou worked as a Registered Nurse for over 17 years and held several senior nursing positions. She left nursing when she and her son were diagnosed with ADHD and set about on a new career path determined to make a difference in the lives of those with ADHD. As an ICF accredited ADHD Coach, Lou works one-on-one with parents of children who have ADHD.

As a tireless ADHD advocate, Lou frequently collaborates with ADHD Australia, Parents for ADHD Advocacy Australia and the ADHD Foundation Australia and has appeared in multiple television interviews and online and print publications, sharing her lived experience with the aim of fostering understanding and awareness around ADHD.



" Lou exceeds expectations in her ADHD parenting workshop. She is honest and open with her own personal journey, is straight talking but with the empathy and compassion of someone who truly understands parenting a child with ADHD, as well as has lived experience. Lou is extremely knowledgeable, her sessions are full of valuable information, and they are interactive and collaborative. It is clear that she loves what's she's doing as her energy is infectious. There was laughter and tears on the day and you certainly leave feeling full of hope, confident you can deal with any challenges and be a positive parent and strong advocate for your child." - Lydia Roberts, Perth.