

ADHD Program

Providing resources, education and clinical support to enhance skills and strategies for managing ADHD.

Who is the program for?

Individuals who have diagnosis of ADHD and want to learn strategies for managing attention, distractibility and procrastination. This program will also address self-esteem and negative thinking commonly associated with ADHD.

Program Content

- Understanding the neuroscience
- Lifestyle changes
- Managing attention
- Reducing procrastination
- Dealing with emotions
- Changing unhelpful thinking
- Increase motivation
- Improving self-esteem

About the program

This half-day program is designed to offer strategies that address the specific symptoms of ADHD in conjunction with other medication strategies. This skills-based group will support participants to make adjustments to their lives to improve their capacity to live with ADHD.

When is it held?

One day a week over 12 weeks as detailed below. Closed group with set intake dates. Morning tea is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 12:15pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team
T: 02 4286 6847
E: sco.dayprograms@aurorahealth.com.au