

# ADHD & WOMEN WORKSHOP SERIES

## Join us

Women with ADHD are often underdiagnosed and face unique challenges in managing their complex lives. Our group offers women-focused support, education, and understanding. Our three-part psychoeducation group, "ADHD & Women," designed specifically for adult women with a personal interest in ADHD. All sessions offer a supportive environment to enhance understanding, education, and peer support.

- Session 1 - Executive function and emotional regulation
- Session 2 - Treatment awareness, hormones and lifecycle stages
- Session 3 - Self-awareness, identity, and relationships

You can choose to join one or all sessions based on your interests and needs (attending all sessions is recommended). Gain valuable insights and build connections with other like-minded women on a similar journey.

## Contact us

08 9490 2258

[info@whws.org.au](mailto:info@whws.org.au)

[www.whws.org.au](http://www.whws.org.au)

2232c Albany Highway Gosnells, WA 6110



women's  
health &  
wellbeing  
services

SOUTH EAST METROPOLITAN

## Book now



## Details

Dates: 7th, 14th & 21st March

Time: 6.00pm-8.00pm

Cost Series of 3 - \$75 Conc/\$120 General

Where: Women's Health & Wellbeing Services  
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

## FACILITATOR - Serena

Serena discovered a few years ago that she has lived with ADHD for over half a century. She was halfway through a Master of Counselling at the time and her research focus became centred on ADHD, particularly in girls and women. As is common with people who have ADHD, Serena is creative (global thinker), open (oversharer), and across the latest research on ADHD/women (hyperfocuses like a boss). She specialises in women's emotional wellbeing and has more 'lived experience' than is necessary.