

Northern Beaches



Support Group

*A problem shared is a problem halved*

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

**SPEAKER EVENING WITH  
DR LEILA MASSON**



**“5 STEPS TO A CALMER CHILD”**

Dr Leila Masson, integrative Paediatrician, combines Allopathic Medicine with a nutritional and biomedical approach treating the whole child, not just the symptom & supporting the family on their path to optimal health.

In this talk Dr Masson will discuss an optimal diet, nutritional supplements, sleep, ways to reduce stress & additional therapies that may improve learning, behaviour, focus & attention.

**Tuesday, 5<sup>th</sup> June 2018 @ 6.45-8.45pm**  
**The Pittwater RSL, The Auditorium, 82 Mona Vale Road, Mona Vale**

**\$10 CONTRIBUTION ON THE NIGHT**

**Ticket reservations essential via the website or**  
**<http://www.eventbrite.com.au/org/4222746751>**



Your guide to **ADHD** information,  
services & resources in the Northern  
Sydney region.  
[www.adhdguide.com.au](http://www.adhdguide.com.au)

Facebook: <https://www.facebook.com/BeachesADHDSupport>  
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>  
Email: [nbadhdsupportgroup@hotmail.com](mailto:nbadhdsupportgroup@hotmail.com)  
Website: [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)  
We sell the Entertainment Book online via our website



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