



Workshop Program 2025

\$20 each, or included in all MayDay memberships

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| 19 Jan | Positive Perceptions of ADHD | | Explore the benefits and strengths associated with ADHD, challenging negative stereotypes. |
| Term 1 Working within Society | 16 Feb | 16 Mar | 6 Apr |
| | Understanding ADHD Brains Gain insights into the neurobiological basis of ADHD, including its causes, symptoms, and diagnosis, as well as how medications affect ADHD brains. | Maintaining Relationships Understanding the impact we have on our children and partners, as well as their impact on us is vital for family harmony. Develop ways to look after yourself. | Working with Schools and Workplaces Discover practical tips for collaborating with educators or employers to create supportive environments, and what to do when things go wrong. |
| Term 2 Meeting Societal Expectations | 4 May | 1 Jun | 29 Jun |
| | Managing Hyperactivity The hyperactivity in ADHD can be physical, verbal and/or mental, but it is always present. Find a buffet of strategies to help you overcome your challenges. | Building Time Awareness Develop effective time management skills to enhance productivity and reduce stress. | Regulating Emotions Address common emotional challenges faced by individuals with ADHD and learn coping mechanisms for managing stress, anxiety, and frustration. |
| Term 3 Managing Selves | 27 Jul | 24 Aug | 21 Sep |
| | Adjusting Environments Many people with ADHD have sensory processing issues, but regardless, everyone uses their senses to impact their focus and energy levels. | Fostering Self-Control Half of the executive functions are sound managing oneself - self-monitoring, self-control, emotional control and cognitive flexibility. | Strengthening Social Connections Learn strategies for developing and maintaining healthy friendships and relationships. |
| Term 4 Accomplishing Tasks | 19 Oct | 16 Nov | 14 Dec |
| | Creating Healthy Lifestyles Explore the importance of nutrition, sleep, and exercise in managing ADHD symptoms and promoting overall well-being. | Elevating Productivity Discover effective organizational tools and productivity techniques to get started, stay focused and feel on top of things. | Agencies and Stages of ADHD ADHD presents differently over the course of a childhood, and a lifetime. Develop reasonable expectations for now and the future. |