



The ADHD Parent Circle

*An eight-week supportive and neuroaffirming
online group for parents with ADHD*

About The Circle

The ADHD Parent Circle is a psychologist-led group experience created for parents navigating the complexities of parenthood with ADHD.

Grounded in attachment theory, neuroscience and mindful self-compassion, the Circle offers a space to explore how ADHD shapes your experience of yourself, your emotional world and the demands of parenting.

Through reflection, shared understanding and meaningful connection, you'll be invited to make sense of longstanding patterns, approach yourself with greater compassion and discover new ways of relating to yourself and the world around you.



Meet Your Facilitator

Tenille Zekas

*Registered Psychologist and Director of Elysian House
Psychology*

Drawing on over two decades of clinical experience and her own understanding of parenting as an ADHDer, Tenille brings warmth, curiosity and deep attunement to her work. Her approach supports parents to develop greater self-understanding, compassion and connection.

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What We'll Explore

The ADHD Parent Circle brings together psychoeducation, guided reflection, mindful self-compassion and meaningful connection with other parents who understand the experience of navigating parenting alongside their own ADHD.

Understanding ADHD, Overwhelm, Load & Capacity

Exploring the external, internal and historical load we carry as parents, how it shapes our capacity to navigate everyday parenting demands, and why so many of us end up running on empty.

Understanding what's contributing to overwhelm — not simply trying harder.

Shame & Self-Criticism

Recognising internalised shame, past experiences and the expectations we carry about who we should be as parents.

Moving from self-criticism towards self-understanding.

Mindful Self-Compassion

Guided practices and reflection to develop a more compassionate internal voice — one we can turn to in the hardest parenting moments.

Learning to meet ourselves with kindness rather than criticism.

Emotional Regulation, Repair & the ADHD Nervous System

Understanding emotional flooding, reactivity and our nervous system's response to the stress of parenting — and why repair, not the absence of rupture, is what strengthens our connection with our children.

Creating space between what we feel and how we respond.

Our Histories & Emotional Responses

Understanding how our own early experiences and emotional learning shape how we respond to our children and within our relationships.

Making sense of what gets activated in us.

Honouring Our Needs & Creating Sustainable Change

Recognising what supports and depletes our capacity, the signs of burnout, the importance of rest and recovery, and ways of family life that work with, rather than against, our ADHD.

Making room for ourselves within the demands of family life.

*Rather than focusing on how to parent a child with ADHD, the Circle turns the attention towards **you** — your experiences, needs, relationships and capacity.*

Enquiries & Registrations

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