



The ADHD Parent Circle

An 8-week supportive, neuroaffirming group for parents with ADHD focused on understanding nervous system load, reducing overwhelm and shame, and building more sustainable ways of managing the realities of family life.

This clinician-facilitated group is for parents with ADHD that combines psychoeducation, reflective support, and practical strategies.

April and Tenille aim to provide a way to understand what happens when parenting demands consistently exceed mental and nervous system capacity – and look at how to design life differently around that.

WHAT WE'LL EXPLORE



1. Understanding Overwhelm

Exploring how demand exceeds capacity and what keeps you in a cycle of overload.



4. Emotional Regulation and Repair

Managing big feelings, reducing reactivity and strengthening connection.



2. Burnout and Emotional Exhaustion

Recognising depletion, slowing down the spiral and building sustainable recovery.



5. Reducing Demands, Not Increasing Effort

Simplifying, prioritising and creating minimum viable systems.



3. Shame, Self-Criticism and Identity

Letting go of "shoulds" and reconnecting with your values and self-compassion.



6. Recovery and Rest That Restore

Understanding what truly restores your nervous system (and what doesn't).

MEET YOUR FACILITATORS



Tenille Zekas

Registered Psychologist and Director of Elysian House Psychology.

Drawing on over two decades of clinical experience, Tenille understands the complexity of modern parenting – and the realities of parenting as an ADHDer. She brings warmth and deep attunement to her work, helping parents cultivate greater self-understanding and self-compassion.



April Kane

BPsych (Hons), MPsych (Clin), MAPS
Director of Great Minds Therapy and ADHD Services.

With extensive experience supporting neurodivergent adults and parents, April helps people develop a deeper understanding of themselves, navigate overwhelm with greater self-compassion, and create more sustainable ways of living, parenting and relating.



START DATE

Friday
7th August



TIME

TBC



FORMAT

8 weekly sessions
(90 minutes each)



COST

\$110
per session



COMMITMENT

Participants are asked to commit to all 8 sessions to support safety, continuity and group connection.

A SAFE SPACE. REAL UNDERSTANDING.
PRACTICAL SUPPORT. **YOU BELONG HERE.**

ENQUIRIES & REGISTRATIONS

✉ theadhdparentcircle@gmail.com

📱 [@theadhdparentcircle](https://www.instagram.com/theadhdparentcircle)