



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. Tenille aims 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.



AS HEARD ON THE IMPERFECTS PODCAST

Psychologist and ADHD specialist Janelle Booker recommends *The ADHD Parent Circle* in her episode *The ADHD Playbook for Parents with Hamish Blake* — available now wherever you listen to podcasts.

WHAT WE'LL EXPLORE

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|  1. Understanding Overwhelm
Exploring how demand exceeds capacity and what keeps you in a cycle of overload.
<i>→ Break the cycle and reclaim breathing room</i> |  4. Emotional Regulation and Repair
Managing big feelings, reducing reactivity and strengthening connection.
<i>→ Respond rather than react</i> |
|  2. Burnout and Emotional Exhaustion
Recognising depletion, slowing down the spiral and building sustainable recovery.
<i>→ Stop running on empty</i> |  5. Reducing Demands, Not Increasing Effort
Simplifying, prioritising and creating minimum viable systems.
<i>→ Do less, better</i> |
|  3. Shame, Self-Criticism and Identity
Letting go of "shoulds" and reconnecting with your values and self-compassion.
<i>→ Parent from a place of self-understanding</i> |  6. Recovery and Rest That Restore
Understanding what truly restores your nervous system (and what doesn't).
<i>→ Restore, not just survive</i> |

The ADHD Parent Circle

Fridays | 12:30–2:00 pm (AWST)

Commencing Friday 11 September 2026

Online via Zoom

MEET YOUR FACILITATOR



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.



START DATE
11 September 2026



FORMAT
8 weekly sessions
(90 minutes each)



COST
\$745 total
(pay in full or via
instalments)



COMMITMENT
All 8 sessions required to
support safety &
connection

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

ENQUIRIES & REGISTRATIONS

✉ theadhdparentcircle@gmail.com

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