



ADDults with ADHD (NSW) Inc

A registered charity supporting adults and families with ADHD

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ADULT ADHD AWARENESS AFTERNOON SATURDAY, 20TH MARCH, 2010 COMPLEMENTARY APPROACHES TO ADHD

1ST SPEAKER: Paula Tazzyman, Experienced Accredited Practicing Dietitian.

TOPIC: **Omega 3 Fish Oil** - Not all omega -3 fish oil supplements have the same ability to help improve behaviour and concentration. Paula will discuss the published scientific evidence to support the use of omega 3 fish oil supplementation in children & adolescents with ADHD. It is evident from the published data that the correct dosage and formulation is vital to achieve the best outcomes.

2ND SPEAKER: Ross Leonard, Forensic Psychologist

TOPIC: **An introduction to 'Mindfulness' based therapies.**
'Mindfulness' is about "focusing" on the present – not getting into a struggle with thoughts and feelings from the past or worrying about the future. These evidence based therapies, have proven to be very effective in helping those with ADHD get their lives back on track. Ross will run us through a practical session.

WHERE: "The Muse", Ultimo TAFE, Harris St., Broadway.
Building C on right when entering main gate in Harris St.

TIME: **2.00pm – 4.30pm.** Gold coin donation at door.
Tea/coffee & chat afterwards

TRAVEL:

- * Catch train to Central, from country platforms cross Broadway and walk down Harris Street past the ABC Studios, down to TAFE on the left.
- * No parking available on campus.
- * Parking 4hrs free at Shopping Mall, Bay Street.
- * Parking stations: nearby Chinatown, or Darling Harbour.

WE LOOK FORWARD TO SEEING YOU THERE
All welcome..... no need to book ahead.