

Canberra & Queanbeyan ADD Support Group Inc (ADDACT)

ADDACT invites you to our annual seminar to discover the latest information on Attention Deficit Hyperactivity Disorder (ADHD) with practical management strategies for dealing with ADHD and related conditions.

WHO SHOULD ATTEND? - Professionals including drug and alcohol workers, Youth workers, policy makers, medical practitioners and other professionals. Check our website for details.

WHY SHOULD YOU COME? This is a great opportunity to hear the latest research and be given strategies for overcoming difficult behaviours. An opportunity to find out more on both child/adolescent and adult ADHD.

ABOUT OUR SUPPORT GROUP

The Canberra & Queanbeyan ADD Support Group (ADDACT) is a member of SHOUT Inc (Self Help Organisations United Together).

We support our members by:

- Providing access to information and reference material about ADHD through meetings, newsletters, seminars and our lending library
- Providing opportunities for members to share their experiences and to learn from others
- Advocating on behalf of people with ADHD and their families in the ACT
- Providing telephone information service and crisis support
- Raising community awareness of ADHD and related conditions
- Networking with other ADHD and related groups in Australia

Meetings are held at the Pearce Centre, SHOUT Large Meeting Room, Bldg 1, Collett Place, Pearce on the first Sunday of every month between 2pm - 5pm (except during school and public holidays). Child minding is available for a gold coin donation.



With the assistance from the ACT Government under the Disability ACT funding program

Contact Details:

Canberra / Queanbeyan ADD Support Group Inc

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Website : www.addact.org.au (for further info)

Mobile : 0412 742 504 (urgent only 19/6/10)

CV of Dr Andrew Kinsella, GP

Qualified with MBBS at Melbourne University in 1986. General Practitioner in private practice since 1990, having been for many years dissatisfied with what he perceived as a superficial approach to the practice of medicine in recent years.

At age 46 belatedly recognised the diagnosis in ADHD in himself. Since that time he has been actively involved in ADHD management and remains impressed at the speed and extent of improvement he has seen in adults diagnosed with ADHD. He has become especially interested in the application of **Mindfulness techniques** as a component of the management of ADHD.

In 2010, completed training in **Mindfulness integrated CBT**, an approach pioneered in Tasmania by clinical psychologist Dr Bruno Cayoun.

Canberra & Queanbeyan ADD Support Group Inc



invites you to our
Seminar,

Reframing ADHD, and Attention as an Executive Skill

With

Dr Andrew Kinsella, GP
Canberra Southern Cross Club
Community Room 1,
Corinna Street,
Woden ACT 2606

**For Parents/Carers/Adults with ADHD,
& Supporting Professionals**

Date : Saturday 19 June 2010

Time: 1.30pm for 2.00pm Start—4pm