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ADHD Awareness in Action

Building Capacity to Thrive



The ADHD Lens: Understanding and Guiding Behaviour

✓ **Child-friendly**

✓ **In-person or Online**

Behaviour can be challenging, and there is often more happening beneath the surface. This workshop will help you look at behaviour differently, understand what may be behind it, and explore practical ways to support children.

What You Will Learn

- ✓ **Looking beyond behaviour:** Understand what a child may be feeling, needing or trying to communicate.
- ✓ **Why behaviour happens:** Explore common reasons, including sensory needs, wanting connection, feeling overwhelmed, or trying to avoid something that feels hard.
- ✓ **Making difficult moments easier:** Learn practical ways to support transitions, offer choices, use visual supports and build helpful skills.
- ✓ **Responding with support:** Explore how our words, reactions and redirection can shape behaviour and help children communicate in safer, more helpful ways.
- ✓ Useful **resources & information packs** for in-person attendees
- ✓ Enjoy **refreshments & a relaxed chat** with presenter after the session

Register here

Want to attend online?

Email village@kippax.org.au for the access link.

SCAN ME



When and where

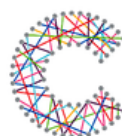
Date: Tuesday 20 Oct 2026

Time: 10:00 am - 12:00 pm

Location: UnitingCare Kippax
130 Hardwick Crescent,
Holt, ACT

Presenter

Fiona Jackson
Senior Supervisory Educator



**Capital
Region
Community
Services**

**You can register over the
phone or email below**



02 6254 1733



village@kippax.org.au

<https://ADHDawareness.eventbrite.com.au>