



THRIVING WITH ADHD

An Evidence-Based Group for Women

Understanding Your Brilliant Brain. Work With It, Not Against It.



WILD ROSE
wellness & psychology

Program Overview

Have you spent your life feeling like...

- You're constantly overwhelmed, despite trying so hard?
- Your mind never seems to slow down?
- You have endless ideas but struggle to get started or finish tasks?
- You're juggling everyone else's needs while forgetting your own?
- You swing between hyperfocus and complete exhaustion?
- You're highly capable, yet often feel like you're "failing at life"?
- You feel emotionally sensitive, easily overwhelmed, or burnt out?
- You were only diagnosed with ADHD as an adult—or think you may have it?

You are not lazy. You are not disorganised. You are not broken. Your brain simply works differently.

About the Program

This evidence-based group has been designed specifically for women with ADHD, recognising the unique ways ADHD often presents across the lifespan.

Together we'll explore how ADHD affects executive functioning, emotional regulation, relationships, work, parenting, self-esteem, and daily life—and, most importantly, develop practical strategies that work with your brain rather than against it.

This is more than learning about ADHD. It's about understanding yourself with greater compassion and building sustainable ways to thrive.

You Will Leave With...

- Greater understanding of your ADHD
- Practical everyday strategies
- Increased confidence and self-compassion
- Reduced shame and self-criticism
- Better emotional regulation
- Sustainable systems that work for you
- Connection with women who "get it"

Program Details

Dates:

Saturday 19 Sept, 3 & 24 Oct

Time:

1pm – 3pm

Duration:

3 Sessions | 2 Hours per Session

Fee:

\$265 per session (\$795 total)

Rebates:

With a valid GP referral for group therapy and a Mental Health Care Plan Medicare rebate will apply. Alternatively, you may wish to check with your private health insurer if you have cover for psychology-led group programs.

Register your interest

Email: hello@wildrosewellness.com.au

Phone or SMS: 0477 973 219

Facilitator



Kelly Count

Clinical Psychologist



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