

Northern Beaches



Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

**CAROLYN LEDOWSKY
MTHFR SUPPORT AUSTRALIA**



“COULD ADHD BE GENETIC?”

**Tuesday, 23rd August @ 7pm
Pittwater RSL, Mona Vale**

Carolyn Ledowsky is the founder of MTHFR Support Australia, a naturopath, herbalist and nutritionist.

Recent studies have found an association with the MTHFR gene & ADHD symptoms. If your child has a mutation in the MTHFR gene this could, together with environmental factors, be an important element in the development of ADHD symptoms.

Join Carolyn to hear the latest research and discuss the importance of addressing the MTHFR gene and reduced methylation in your child.

\$5 Contribution at the door

Ticket reservations essential via the website or

<http://www.eventbrite.com.au/org/4222746751>



Facebook: <https://www.facebook.com/BeachesADHDSupport>
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>
Email: nbadhdsupportgroup@hotmail.com
Website: www.northernbeachesadhdsgroup.com.au
Entertainment Book available online at: www.entbook.com.au/219d619



ADHD Guide

Your guide to **ADHD** information,
services & resources in the
Northern Sydney region
www.adhdguide.com.au



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