



ADHD Mums Collective

A Holistic Group Program for
ADHD Mum's navigating
motherhood

Navigating motherhood with ADHD, can be a wild, fun, spontaneous, overstimulating and overwhelming experience. Traditional mothers groups, often feel uncomfortable and don't always accomodate for different neurotypes. As a mother who has walked this path, I lived this gap in mother focused supports. I wanted to create a community where Mums can feel connected, like they belong and their differences are held.

When: Starting Monday 21st July - 9.30am

Where: Shop 2/680 Coleridge Road, Bateau Bay (Raw Wellbeing Co.)

Cost: \$40 per session

Duration: Ends week of 22nd Sept

admin@rawpsychologyclinic.com

www.rawpsychologyclinic.com



With
Psychologist
& ADHDer
Tania



Program Outline

Run by clinicians with **professional knowledge and lived experience**, meaning we truly get it!

The Program Structure:

1. Fortnightly Group Sessions
2. Monthly Email Check-Ins
3. Private Facebook Group

All Group Sessions are run the same day each fortnight. We have a structure below, however the themes can be driven by the groups needs, to ensure everyone get's the values they are seeking.



- ✓ Community
- ✓ Guided nervous system exercises & strategies
- ✓ Breath & yoga techniques
- ✓ A private online community for connection & support
- ✓ Guest speakers on ADHD, hormones & holistic health
- ✓ Access to additional resources & ongoing support



Program Outline

Sessions 1 & 2: Managing the Mental Load & Overwhelm with ADHD

Including nervous system regulation, understanding your sensory needs, psychological & practical strategies to manage the overwhelm.

Sessions 3 & 4: Coping with “Mum Guilt” & Managing Burnout

Hear the stories of others, understanding what “Mum Guilt” actually is, recognising it, strategies for managing neurodivergent burnout.

Session 5: Integrative Approaches & Hormone Supports

Hear from guest speakers on breathwork, yoga, naturopathic and nutrition supports. How to flow with your hormones & plan for luteal phases of your cycle.

“Struggling doesn't cancel out your goodness. It doesn't make you broken, selfish, or failing. It makes you human. Especially as a mum navigating ADHD, where the mental load, sensory overload, and executive dysfunction can collide in ways the world doesn't always see.”



www.rawpsychologyclinic.com



Program Outline

Payments

All payments are due at the time of the group. You are able to bank transfer or pay via credit card.

The payments are “Pay As You Go”

Cancellation fees do apply if you cancel within 24 hours. However, if you are unwell, please let us know and we can consider your circumstances

You are welcome to stay as part of our program for as long or less as you need.

We aim to keep the groups small, so that we can build and sustain warmth, safety and an individualised approach. The groups are therefore closed once the groups reaches capacity (8).

www.rawpsychologyclinic.com

