

## Our Services

## ADHD Children Support

### Children's Training Programs –

- Executive Function Training
- Social-Emotional Skills Group Play Therapy
- Sports Training for Children and Adolescents

### Interest Groups and Positive Experiential Activities –

Including rifle shooting training, war games, sailing experiences and training, magic classes and STREAM creative programs, etc.

## Family Support

### New Parent Support –

- New Carer Support Workshops and Group Meetings
- ADHD Parent Foundation Training and Parallel Groups
- Parent Peer Support Programs

### Comprehensive Family Support –

- Parent talks
- Parent training workshops (positive parenting, parent-child communication, executive function, parent-child play therapy, life planning, etc.)
- Parent sharing and support groups
- Professional consultations and counselling
- Family activities (multi-family adventure programs, adventure-ship training trips, theme park visits, etc.)
- Parent and youth volunteer training and sharing sessions

## Community Support

- ADHD public consultation hotline service
- ADHD seminars, workshops and volunteer training programs for public
- Collaboration with organizations for ADHD sharing sessions and educational activities by professionals, parent volunteers and ADHD individuals
- Support for ADHD community education and research projects with active participation and provide promotional and consultation services



## Testimonials

"My son and I overcame challenges together in the 'Multi-Family Adventure Group.' We learned mutual support and trust, met many fellow parents, and no longer feel alone. We now have more confidence facing future challenges."

Daniel's Mom

"The 'Peer Support Program' greatly boosted my confidence in caring for my ADHD child and reduced my anxiety. I hope to help other parents as a peer supporter in the future!"

Sean's Mom

"I felt helpless initially, but through the association's seminars, workshops and peer sharing, I learned appropriate parenting and emotional management skills. Both my child's and my emotions and our relationship have improved."

Amanda's Mom

## Support Us!

Donation • Collaboration • Sponsorship • Volunteering

We are a non-government funded non-profit charity that relies on self-fundraising for annual operations. Your donations help us continue our mission to provide more appropriate support and diversified services for ADHD families.

Donations of HK\$100 or above are tax-deductible in Hong Kong. (Charity File Number: 91/12758)



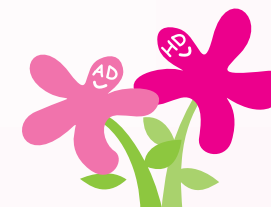
Know Us  
Join Us

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專注不足/過度活躍症(香港)協會  
Hong Kong Association For AD/HD

Empowering ADHD Families  
to Overcome Challenges and  
Create a Brighter Future!

PARENT SUPPORT



CHILDREN SUPPORT



PUBLIC EDUCATION



ADVOCACY WORK



機構會員  
AGENCY MEMBER



## Our Association

## Background

Attention Deficit/Hyperactivity Disorder (AD/HD) is a common childhood developmental disorder. ADHD affects 5-8% of children, causing difficulties in attention, self-control and emotional management that impact learning, daily life and social interactions. This exhausts caregivers, strains family relationships and often leads to misunderstanding and isolation by society.

In response, a group of parents with ADHD children established a self-help organization in 2006, later registered as a non-profit charity in 2013 and became an institutional member of the Hong Kong Council of Social Service in 2017.

## Mission

1. Foster mutual support and experience sharing among ADHD families
2. Provide appropriate support and counselling for ADHD families
3. Enhance public awareness and understanding of ADHD through community education
4. Advocate for social rights and resources for ADHD individuals and promote professional research

## Objectives

Through peer support and professional collaboration, we help ADHD families overcome challenges, rebuild confidence and achieve "self-reliance, self-help and helping others" to build an inclusive community and create a brighter future!

## Target Groups

1. Families of children assessed with ADHD
2. Individuals concerned about ADHD

## Membership

Parents of children assessed with ADHD or individuals concerned about ADHD who support our mission may apply for membership. Regular membership: HK\$50 annually; Honorary membership: minimum donation of HK\$500.

## Our Work

### Parent Support

We provide individual consultation, emotional support, professional counselling and assessment referral services. We organize parent sharing and support groups, seminars, workshops, training courses, parent-child activities and multi-family adventure programs to help parents relieve stress, improve parenting skills, strengthen family relationships, build support networks and positively address ADHD-related challenges.

### Children Support

We organize training programs, interest groups and positive experiential activities for children and adolescents with ADHD to discover their potential and rebuild confidence, and to enhance their learning, self-care and social skills.

### Public Education

Through school and community sharing activities, publications, online resources, multimedia productions, media coverage and diverse community education programs, we raise awareness about ADHD across different sectors of society. We promote early intervention and support, reduce misunderstandings and stigma, and actively foster an inclusive culture.

### Advocacy Work

We maintain close communication with government departments, participate in policy consultations and research projects, advocate for appropriate policies and fight for social rights and resources for ADHD families.