



2024 ADHD Awareness Week Schedule

	26 OCT	27 OCT	28 OCT	29 OCT	30 OCT	31 OCT	1 NOV	2 NOV
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Family Game (Chinese In-Person)							
10:00 AM								
11:00 AM	Family Fitness Inflatable Sausage Game	Let's talk kefir, The gut-brain axis and ADHD (Webinar) (Dr Miguel Torbio-Mateas)						
12:00 PM								
1:00 PM			Breaking Myths: Understanding ADHD Beyond Stereotypes (Webinar) (Mr. Jared Dubbs)	The Potential and Challenges of Women with Attention Deficit Disorder in the Workplace (Webinar) (Ms. Noelle Sinclair)		How to Improve Executive Function for Better Job Performance? (Webinar) (Mr. Jonathan Hassall)	Effective Strategies for Collaborating with ADHD Bosses and Colleagues (Webinar) (Mr. Vicente Pineda)	
2:00 PM		Parent Workshop (Chinese In-Person) ADHD Parenting Strategies: Practical Tips and Real-Life Experiences			ADHD @ Workplace Seminar (English In-Person) Neurodiversity in Action: ADHD and Workplace Success			The Day I Look Forward to: Recognizing Children with ADHD - Viewing ADHD from a Positive Perspective (Webinar) (Dr. Chia-Yen Lee)
3:00 PM	Opening Ceremony of ADHD Awareness Week (Chinese In-Person)	(Ms. Amanda Fok, Ms. Daphne Leung, Ms. Elizabeth Ng, Ms. Kathy Poon, Ms. Miranda Lau)			(Ms. Holly McGhee) (Mr. Loic Andre) (Ms. Amanda Fok) (Ms. Noelle Sinclair) (Mr. Chris Chau)			Family Support and Emotional Management: Enhancing Mental Health in ADHD Families (Webinar) (Dr. Raymond Wong)
4:00 PM	Guest : Event Ambassador Ms. Ali Lee	1. Parent Human Library 2. Mindful Moments: How Parents Can Use Mindfulness to Navigate ADHD Challenges						Strategies for Healthy Eating in Families with ADHD Children (Webinar) (Ms. Natalie Yim)
4:30 PM								
5:00 PM				Parent Workshop (English In-Person) Supporting a Child with ADHD				
5:30 PM								
6:00 PM				(Ms. Selene Chong) (Ms. Annette Neeson) (Ms. Kate Wood) (Mr. Jared Dubbs) (Ms. Anoushka Sabnani) (Ms. Amanda Fok)				
7:00 PM								
7:30 PM								
8:00 PM								
9:00 PM	From Stigma to Strength: Changing Perceptions of ADHD in the Family (Webinar) (Dr. Lawrence Fung)	Family Harmony: Effective Strategies for Supporting Family Members with ADHD (Webinar) (Dr May Lam)	Nurturing ADHD Children and Their Caregivers: Building Confidence, Resilience, and Self-Care (Webinar) (Ms. Moonlake Lee)			Understanding ADHD Experiences in Intimacy and Relationships (Webinar) (Ms. Mary Foxworth)	Parenting Children with ADHD: Success Stories from Two Mothers (Webinar) (Ms. Elizabeth Ng & Ms. Kathy Poon)	