

本會服務

ADHD兒童支援

兒童訓練課程

- 執行功能訓練班
- 情緒社交遊戲治療小組
- 兒童及青少年運動訓練班

兒童興趣小組及正向體驗活動

- 氣槍射擊訓練班、war game、帆船體驗活動及訓練班、魔術訓練班及STREAM創意體驗課程等

家庭支援

新手家長支援

- 迎新日 - 家長專題工作坊及分享小組
- ADHD家長基礎訓練課程及平行小組
- 家長朋輩支援計劃

全方位家庭支援

- 家長專題講座
- 家長訓練工作坊 - 包括正向管教、親子溝通、執行功能、親子遊戲治療及生涯規劃等
- 家長分享及支援小組
- 專業諮詢及家長輔導服務
- 親子體驗及訓練活動 - 包括多家庭小組歷奇活動、乘風航及香港主題公園同樂日等
- 家長及青少年義工培訓/交流分享會

社區支援

- 提供ADHD公眾諮詢熱線服務
- 舉辦ADHD公開講座、工作坊及義工培訓課程
- 與不同團體協作，安排專業人士、家長義工及ADHD患者作分享及教育活動
- 支持及參與ADHD社區教育與研究項目，協助宣傳及提供諮詢與顧問服務



心聲分享

我和兒子在「多家庭歷奇小組」活動中，一起克服困難完成任務，學會了互助互信，更認識了不少同路人，讓我們感到不再孤單，且更有信心面對將來的挑戰。

思源媽媽

「朋輩支援計劃」令我在照顧ADHD子女上增加了極大的信心，減少了很多恐慌焦慮，我也希望將來能以同路人身份幫助其他家長呢！

Sean 媽咪

我當初感到非常無助，但透過協會的講座、訓練及同路人分享，我學懂了如何運用合適的管教和情緒管理方法，我和孩子的情緒和關係也改善了。

穎瑜媽媽

請支持我們！

歡迎捐款・活動協作・資源提供・義工參與

本會是一間非政府資助的非牟利慈善團體，每年需自行籌募營運經費，您的捐款可以支持我們繼續承擔使命，為ADHD兒童家庭提供更適切及更多元化的支援和服務。

捐款滿港幣100元或以上，可獲發收據用以在香港作扣稅用途。
慈善團體檔案號碼：91/12758



認識我們
加入我們
支持我們

電話：63564053

電郵：info@adhd.org.hk

網址：<http://www.adhd.org.hk>



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

助ADHD兒童家庭跨越障礙，
共創精彩未來！



學童支援



公眾教育

倡導工作



機構
會員
AGENCY MEMBER

本會簡介

成立背景

專注力不足 / 過度活躍症

(Attention Deficit/Hyperactivity

Disorder, 簡稱AD/HD) 是一種普遍的兒童發展障礙。

據統計，大約5-8%的兒童患有此症，患者在專注、自我控制及情緒管理方面均出現不同程度的困難，因而影響學習、生活及社交的表現，令照顧者疲於奔命，影響家庭關係，甚至會被社會人士誤解和孤立。

有見及此，一群育有ADHD兒童的家長，為了喚起社會大眾對ADHD的認識和關注，及推動有關專業人士對ADHD作進一步的研究與探討，於2006年成立家長自助組織，並於2013年成功註冊為非牟利慈善團體，及於2017年加入香港社會服務聯會成為機構會員。

宗旨

1. 發揮互助精神，與家長分享教導ADHD兒童及青少年的經驗和心得。
2. 為ADHD兒童及其家庭提供適切的支援及輔導。
3. 透過社區教育，令更多社會人士認識和關注ADHD。
4. 為ADHD人士爭取所需的社會權益和資源，並推動有關之專業研究。

目標

透過家長義工的同行，以及專業顧問團隊和夥伴機構的協作，一起協助ADHD兒童家庭跨越障礙、重建自信、發揮所長，重新融入社會，達致「自強、自助及助人」，同建和諧共融社區，創造精彩未來！

服務對象

被評估為ADHD的兒童的家庭及關注ADHD的人士

入會資格及方法

被評估為ADHD的兒童的家長或關注ADHD的人士，並認同本會宗旨，均可申請入會。普通會員年費HK\$50，名譽會員最低捐款額HK\$500。

本會工作



家長支援

提供個別諮詢、情緒支援、專業輔導及評估轉介服務，舉辦家長分享及支援小組、家長講座、工作坊、訓練課程、親子活動及多家庭小組歷奇活動等，幫助家長紓緩壓力、提升管教技巧、增進親子關係、建立支援網絡及正面處理ADHD孩子的問題。



學童支援

舉辦兒童及青少年訓練課程、興趣小組及正向體驗活動，幫助ADHD孩子發掘潛能、增強自信及提升學習、自理和社交能力。



公眾教育

透過出席學校和不同團體的分享活動、出版刊物、網上分享資源、多媒體製作、傳媒報導，以及舉辦多元化的社區教育活動，讓更多不同界別的社會人士認識和關注ADHD，以提高及早介入與支援的意識，並減少誤解和歧見，積極推動共融文化。



倡導工作

與不同的政府部門緊密溝通，組織動員參與政策諮詢及研究項目，倡導合適政策，為ADHD兒童家庭爭取應有的權益和資源。

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

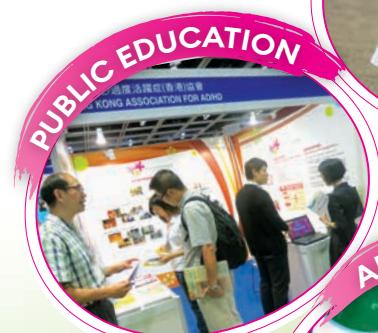
Contact Us

• 6356 4053
• info@adhd.org.hk
• <http://www.adhd.org.hk>



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!



Our Association

Background

Attention Deficit/Hyperactivity Disorder (AD/HD) is a common childhood developmental disorder. AD/HD 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 AD/HD families
2. Provide appropriate support and counselling for AD/HD families
3. Enhance public awareness and understanding of AD/HD through community education
4. Advocate for social rights and resources for AD/HD individuals and promote professional research

Objectives

Through peer support and professional collaboration, we help AD/HD 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 AD/HD
2. Individuals concerned about AD/HD

Membership

Parents of children assessed with AD/HD or individuals concerned about AD/HD 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 AD/HD-related challenges.



Children Support

We organize training programs, interest groups and positive experiential activities for children and adolescents with AD/HD 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 AD/HD 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 AD/HD families.