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ADHD Embrace

Organisation details

Description of activity

ADHD Embrace is a charity supporting parents and professionals who live and work with children and young people with ADHD. 5% of the population have ADHD and early intervention and support can change the outcome of a child's life. For over two decades, we have worked to ensure that children with ADHD are understood, supported and thrive.

Through the development of a community for parents and professions, we bring those supporting children and young people together to grow their understanding of ADHD, offering an empathetic and listening ear to those that need it and providing the opportunity to make new connections for those perhaps feeling isolated.

Our breadth of support aims to equip parents and professionals, as well as young people themselves with education, resources and community connection to improve insight and to better support young people with ADHD to thrive today, and well into adulthood.

You can sign up to join a Post Diagnosis workshop, a one to one session with our family support worker, a coffee morning, or join one of our seminars led by experts in their field.

Please also sign up to our newsletter to keep updated on support we provide and new events, and for families you can join our Facebook page where you will be connected to a community of parents supporting one another.

Please visit our website using the link below to see our full offer.

Contact details

Email address

communications@adhdrichmond.org

Website

<https://adhdembrace.org/>

Social media links

X link

<https://twitter.com/adhdrichmond>

Facebook link

<https://www.facebook.com/AdhdRichmond/>

Additional useful information to download

File attachments

- [ADHD Richmond and Kingston Handbook \(Adobe Portable Document Format, 1.2 MB\)](#)

Events coming up from ADHD Embrace



ADHD Embrace advice clinics 📅 07/04/2026 🕒 All Day [More details](#) ▶

Meet Up At Heatham House 📅 23/04/2026 🕒 All Day [More details](#) ▶

Post diagnosis for parents in-person 📅 28/04/2026 🕒 All Day [More details](#) ▶

Post diagnosis for parents - online 📅 13/05/2026 🕒 All Day [More details](#) ▶

Meet Up At Heatham House 📅 15/05/2026 🕒 All Day [More details](#) ▶

Post diagnosis for parents in-person 📅 10/06/2026 🕒 All Day More details ➡

Meet Up At Heatham House 📅 26/06/2026 🕒 All Day More details ➡