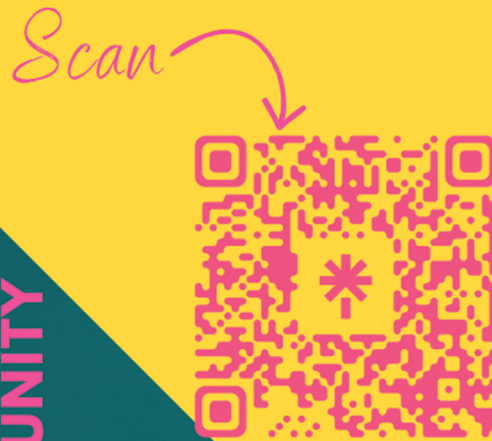


You're not broken.
Your brain just
works differently

**FREE
FRIENDLY
NEURO-AFFIRMING**

JOIN THE DISTRACTD COMMUNITY



**Book tickets to
upcoming events**

Follow our socials

**Join body doubling
sessions**

**Register interest in
programs & workshops**

**Access resources and
support**

@D_ISTRACTD
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HELLO@DISTRACTD.ORG

HOTA HOME OF THE ARTS
GOLD COAST

DISTR/ACTD

**ADHD &
Neurodivergent
Education
Nights**

Expert-led sessions
with experienced
health and allied
professionals, plus live
Q&A

**Free monthly
events at HOTA**

**CONNECT
EDUCATE
INSPIRE**

ABOUT DISTRACTD

DISTRACTD was founded by Gold Coast artist and educator Amanda Gorman to create inclusive, neuro-affirming spaces where people can better understand ADHD and other neurodivergent conditions.

We collaborate with psychologists, psychiatrists and allied health professionals to deliver evidence-informed, practical education and support.

Healthcare professionals are welcome to attend or refer patients.



What you'll find at DISTRACTD

Expert-led talks from clinicians and specialists

Practical strategies you can use straight away

Real-life lived experience stories

Tools for home, school, work and relationships

A relaxed, welcoming environment

Time for questions and live Q&A

Learn what's happening in your brain and what actually helps.

WHAT IS DISTRACTD

DISTRACTD hosts free monthly education nights and practical workshops about ADHD and other neurodivergent conditions.

Our events support:

People with ADHD or other neurodivergent conditions

Parents, partners and families

Teachers and educators

Clinicians and allied health professionals

Anyone working alongside or supporting neurodivergent people

Wherever you are on the journey, you're welcome here.

DISTRACTD

