



ADHD Foundation



Face-to-face in Sydney
Hybrid for Interstate, Regional & Rural

Guest Speaker

Dr Tanveer Ahmed
MBBS, FRANZCP

Dr Tanveer Ahmed is a psychiatrist, author, and medical director at Kellyville Private Hospital. He also works in correctional settings and prepares court reports. His work focuses on the intersection of mental health and society. He is a former columnist for the Sydney Morning Herald and the Australian Financial Review, and the author of *Fragile Nation* and *In Defence of Shame*. He has served on local government and multiple Boards.



ADHD and Friendship: Challenges and Strategies

Join Dr Tanveer Ahmed as he shares his journey from ADHD sceptic to advocate, and explores how ADHD can shape friendships, social connection and a sense of belonging. Drawing on decades of clinical experience, he will offer fresh insights into the social challenges—and strengths—experienced by people with ADHD.

In this session, Dr. Ahmed will be addressing how:

- ADHD impacts the formation and flourishing of friendships
- ADHD can damage the connections in friendships
- Strategies to assist with management
- He will also share his own personal journal from skeptic to convert.
- Modern life can be examined through the rise of ADHD diagnoses



Venue, Date & Time Details

 Saturday, 22 August, 2026

 2.00pm – 4.00pm

 Meeting Room, Macquarie Community College
Level 2, 8 Thomas Street, Chatswood

From the railway or bus terminal: At the Post Office, take an immediate right through the arcade to Thomas St. **(Check Public Transport/Metro)**

Available parking locations: Chatswood RSL, Westfield Chatswood carpark, and the public carpark at 67 Albert Ave.

Join us for a cuppa and an opportunity to connect with other people in the ADHD Community.

These events are sponsored by the ADHD Foundation. All proceeds will go the support the ADHD Foundation National Helpline:

www.adhdfoundation.org.au/helpline

Event Booking Link:

<https://www.trybooking.com/DNZVA>

