



WHAT TO KNOW ABOUT

ADHD Community and Psychoeducational Groups

These groups bring together people with ADHD for peer connection, education about the condition, and mutual support in navigating life with a brain that works differently from the neurotypical norm. They differ from ADHD skills-training groups, which focus on structured CBT-based skill-building. Community and psychoeducational groups emphasize understanding, identity, and belonging alongside practical coping, often within a neurodiversity-affirming framework that sees ADHD as a difference rather than a deficit. They're a particular home for adults processing a late diagnosis, the grief and relief of reinterpreting a whole life history.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for anyone wanting peer connection, community, and education.
- Complements clinical care; it doesn't replace medication or skills training.
- Not a substitute for clinical evaluation or diagnosis.

What it's for

Adults with ADHD at any stage, from newly diagnosed to long-aware.

For the identity work of late diagnosis and the day-to-day realities.

Also for people questioning whether they have ADHD, seeking lived experience.

WHAT TO EXPECT

1 Peer groups meet weekly or monthly, 60 to 90 minutes, open discussion.

2 Psychoeducational groups are structured, often 6 to 12 sessions with topics.

3 Online ADHD communities run around the clock for those without local groups.

Group-based ADHD support is accessible and effective.

- A scoping review of 21 studies found group psychoeducation improved **core symptoms, executive function, time management, and mental health**.¹
- A meta-analysis of 28 trials (mostly group) found CBT-based work reduced both **core ADHD symptoms and co-occurring depression and anxiety**.²

MAKING THE MOST OF IT

Understood without apology. The missed deadlines and lost items just land.

Not a character flaw. A neurological explanation can lift years of self-blame.

Grief and relief together. Late diagnosis reshapes how you read your past.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is this open peer support or a structured psychoeducational curriculum?
- 2** Is it peer-led or facilitated by a clinician with ADHD expertise?
- 3** Does it lean neurodiversity-affirming, and is it in person or online?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

ADHD Community and Psychoeducational Groups · references keyed to the numbers on page 1.

- 1 Skliarova, T., Pedersen, H., Holsbrekken, Å., et al. Psychoeducational group interventions for adults diagnosed with attention-deficit/hyperactivity disorder: a scoping review of feasibility, acceptability, and outcome measures. *BMC Psychiatry* (2024), 24(1), Article 463.
- 2 Liu, C.-I., Hua, M.-H., Lu, M.-L., & Goh, K. K. Effectiveness of cognitive behavioural-based interventions for adults with attention-deficit/hyperactivity disorder extends beyond core symptoms: a meta-analysis of randomized controlled trials. *Psychology and Psychotherapy: Theory, Research and Practice* (2023), 96(3), 543–559.

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