



ADHD Resources:

Helpful Websites:

- CanLearn Society : see “Resources” > “ADHD Families”
 - www.canlearnsociety.ca
- Children and Adults with ADHD (CHADD)
 - www.chadd.org
- ADHD and You
 - www.adhdandyou.com
- Totally ADD
 - www.totallyadd.com
- Centre for ADHD Awareness, Canada
 - www.caddac.ca
- Russell Barkley
 - www.russellbarkley.org
- ADHD Foundation (from the UK) Resources
 - <https://www.adhdfoundation.org.uk/parents/>
- ADDitude Magazine:
 - <https://www.additudemag.com>
- The Canadian ADHD Resource Alliance (CADDRA) for health professionals
 - www.caddra.ca
- CHEO has a list of books and links for ADHD in their resources & supports
 - www.cheo.on.ca

Podcasts:

- Parenting ADHD & Autism: Free Podcasts
 - <https://parentingadhdandautism.com/parenting-adhd-podcast/>

Free Courses/Workshops:

- BC Children’s Healthy Minds: Rolling with ADHD. Practical Strategies for Parenting ADHD
 - <https://healthymindslearning.ca/rollingwith-adhd/>
- Centre for Clinical Intervention: Procrastination (for older teens!)
 - <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Procrastination>

Helpful Books:

- “Taking Charge of ADHD” by R Barkley
- “Attention Deficit Disorder: The Unfocused Mind in Children and Adults” By TE Brown
- “The Survival Guide for Kids with ADD or ADHD” By JF Taylor



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MEDICAL CONSULTANTS

- “100 Questions & Answers about Your Child’s ADHD” by R Nass & F Leventhal

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