

Supporting a loved one with ADHD

Community Resources:

- **CanLearn Society:**
 - Support Groups- <https://www.canlearnsociety.ca/webinar-and-support-groups-update/>
 - Counselling- intake@canlearnsociety.ca 403-686-9300 ext. 102
 - ADHD Coaching - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/adhd-coaching/>
 - Let's talk ADHD- <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-adults/adult-adhd-group/>
- **Others:**
 - ADHD Coaching: <https://caddac.ca/resources/resource-map/adhd-coaches/>
 - Support Groups: <https://caddac.ca/document/support-groups-other-provinces/>
 - ADHD Forum: <https://healthunlocked.com/adult-ADHD>
 - Together Alberta: <https://together.acgc.ca/>

Websites:

- CanLearn Society www.canlearnsociety.ca
- Centre for ADHD Awareness in Canada <https://caddac.ca/>
- CHADD <https://chadd.org/>
- Totally ADD <https://totallyadd.com/>
- Understood <https://www.understood.org/>
- How to ADHD <https://howtoadhd.com/>
- ADHD Rewired <https://www.adhdrewired.com/>
- ADDitude Mag <https://www.additudemag.com/>
- CADDAC: <https://caddac.ca/understanding-adhd/in-adulthood/adhd-in-the-workplace/>

Books:

- *12 Principles for Raising a Child with ADHD*-Russell Barkley. (2020)
- *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*, by Ross Greene (2011). Ross Greene's website (www.livesinthebalance.org) also has additional resources, as well as a podcast that may be helpful for parents.
- *When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings* (2016). Russell A. Barkley.

- ADD-Friendly Ways to Organize Your Life: Strategies That Work from a Professional Organizer and Renowned ADD Clinician (2002). Judith Kolberg and Kathleen Nadeau. Brunner-Routledge Publishing. New York, NY.
- Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder (2005). Edward M. Hallowell and John J. Ratey. Ballantine Books. New York, NY.

Articles:

- <https://chadd.org/attention-article/dont-give-up-dont-give-in-survival-skills-for-the-non-adhd-partner/>
- <https://www.additudemag.com/add-relationships-support-loved-one/>