

## **ONLINE RESOURCES**

**Centre for ADHD Awareness Canada** [www.caddac.ca](http://www.caddac.ca)

This Canadian national not-for-profit organization is dedicated to improving the lives of those with ADHD through awareness, education and advocacy. It offers up-to-date, scientifically-based information on ADHD, and provides a comprehensive list of resources for children/teens and families including support groups, recreation programs, tutors, schools and camps. It also provides resources for those moving to—or currently in—post-secondary education. For example, “10 Ways to Achieve Success for University or College Students with ADHD” is available at:

[www.caddac.ca/cms/CADDAC\\_pdf/Campaign/10WaystoAchieveSuccessLong.pdf](http://www.caddac.ca/cms/CADDAC_pdf/Campaign/10WaystoAchieveSuccessLong.pdf)



**CHADD Canada** [www.chaddcanada.com](http://www.chaddcanada.com)

CHADD Canada is a charitable organization that aims to help support, educate and improve the lives of those with ADHD and their families/caregivers. It has chapters in communities across Canada, where support meetings are held regularly. It also sponsors workshops, presentations and conferences in an effort to share the latest breakthroughs and techniques in dealing with ADHD.

**About Kids Health** [www.aboutkidshealth.ca/mentalhealth](http://www.aboutkidshealth.ca/mentalhealth)

This learning hub for parents/caregivers includes information about the signs and symptoms of ADHD, diagnosis and treatment, and strategies to address school concerns.

**How to ADHD (YouTube)**

<https://www.youtube.com/playlist?list=PLvq9Tp5JZ8oAV-GAZmvEoYj9ntBaabKMj>

This series of short (5- to 10-minute) entertaining videos for adolescents and parents explains many concepts and gives tips on how to manage ADHD.

