



ADHD Resources



JUNE 2018

ASSOCIATIONS

Foothills Academy

Established in 1979, Foothills Academy was the first center for children with Learning Disabilities in Alberta and one of the first in Canada. Foothills Academy has a dual purpose:

- To offer a full-time School Program for students with Learning Disabilities
- To provide to the greater community, a Community Services component consisting of assistance to professionals and parents including remedial tutoring, summer camp (Camp Amicus), year-round recreation (Amicus Recreation), psycho-educational assessments, counselling, psychologist supervised group programs, parent and community workshops, in-person and on-line teacher professional development workshops, research, and the publishing of materials relevant to the child with learning disabilities.

Contact Information:

www.foothillsacademy.org
745 37th ST NW, Calgary AB T2N 4T1
Phone: 403.270.9400

CanLearn Society

CanLearn Society has many services to help children, teens, and adults with ADHD and learning disabilities. CanLearn provides assessment services, ADHD coaching, groups and strategies. Family Literacy Programs at CanLearn help parents gain a better understanding of how children learn. They teach them how to incorporate language and literacy into everyday activities, and they give strategies so they can succeed with the important job of being their child's first and best teacher.

Contact Information:

www.canlearnsociety.ca
403-686-9300

Alberta Health Services

Community Education Services offers educational information sessions on a number of topics, including ADHD information sessions for parents. Please see website for an up to date list of upcoming education sessions. All sessions are offered at no cost and vary from webinars to live presentations.

Contact Information:

<http://community.hmhc.ca/sessions/>

Additional resources: <https://www.albertahealthservices.ca/info/Page15025.aspx>

Calgary C.H.A.D.D Support Group

Calgary C.H.A.D.D. continues to have their parent support group and adult support group meetings on the first Wednesday of every month at Alberta's Children's Hospital. The groups run from 7:00 PM to 9:00 PM.

- **Parent Support Group** meets in Conference Room 1
- **Adult Support Group** meets in Conference Room 8

<https://www.canlearnsociety.ca/mc-events/c-h-a-d-d-calgary-support-groups/>

Strongest Families Institute

Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. Strongest Families provide timely care to families by teaching skills through a unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their need

Programs are designed to support children and youth from 3-17 years of age and include effective and clinically tested modules for ADHD, ODD, Anxiety and Nighttime Bedwetting.

Contact Information:

www.strongestfamilies.com

info@strongestfamilies.com

1-866-470-7111

SPACE (Supporting Parents of ADHD Children through Education)

You must be referred to this program through your child's pediatrician. Please see website for details. www.parentadhd.com

BOOKS

- Adler, L. and Florence, M. (2006) **Scattered Minds: Hope and Help for Adults with ADHD**, NY: Putnam
- Barkley, R.A. (2000). **Taking Charge of ADHD: The Complete Authoritative Guide for Parents**, New York: Guilford Press
- Barkley, R.A., Murphy, K.R., Fischer, M. (2008). **ADHD in Adults: What the Science Says**. New York: Guilford Publishing.
- Bergh, R.M. (2004). **Explaining ADHD: A Paediatrician Talks to Parents**, Ottawa: Nicro Publishing
- Brown, T.E. (2000). **Attention Deficit Disorders and Comorbidities in Children, Adolescents and Adults**, Washington, DC: American Psychiatric Press
- Brown, T.E. (2005). **Attention Deficit Disorder: The Unfocused Mind in Children and Adults**, New Haven, CT: Yale University Press
- Hanh, Thich Nhat (2008) **Mindful Movements: Ten Exercises for Well-Being**. Berkeley, CA: Parralax Press
- Hallowell, E.M. and Ratey, J.J. (1994) **Driven to Distraction**. New York: Pantheon Books
- Hallowell, E.M. and Ratey, J.J. (2005). **Delivered from Distraction**. New York: Ballantine Books
- Kelly, K., and Ramundo, P. (1996). **You mean I'm not Lazy, Stupid or Crazy? A Fireside Book**. New York: Simon & Schuster
- Kolberg, J and Nadeau, K.G. (2002). **ADD-Friendly Ways to Organize Your Life**. New York: Routledge
- Kutscher, M.L. (2003). **ADHD Book: Living Right Now!** White Plains, New York: Neurology Press.
- Moghadam, H. (2006). **Attention Deficit-Hyperactivity Disorder**. Calgary, Alberta, Canada: Detselig Enterprises Ltd.
- Moulton Sarkis, S. (2005). **10 Simple Solutions to Adult ADD**. Oakland: New Harbinger Publications, Inc.
- Nadeau, K.G. (1996). **Adventures in Fast Forward: Life, Love and Work for the ADD**. New York: Brunner/Mazel
- Nadeau, K.G. (1997). **ADD in the Workplace. Choices, Changes and Challenges**. New York: Brunner/Mazel

ONLINE RESOURCES

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD): a national non-profit organization providing education, advocacy and support for individuals with ADHD.

www.CHADD.org

ADHD Families: Online resources and information for families, parents and children.

www.adhdfamilies.ca

Children's Link: "Staffed by parents that have been there, The Children's Link Society is Calgary's first and only special needs connection. Whether newly diagnosed or struggling through critical life events, our service connects parents with the services they need, when they need it."

www.childrenslink.ca

Attention Deficit Disorder Association (ADDA): The Attention Deficit Disorder Association provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives.

www.add.org

My ADHD: Connecting doctors, parents and teachers with immediate access to assessment tools, tracking tools, treatment tools and library tools. **Subscription required**

www.myadhd.com

Totally ADD: Practical ADD and ADHD solutions including videos, books and online resources.

www.totallyadd.com

Teen Mental Health and ADHD: Resources and information on mental health specific for teens and their parents.

<http://teenmentalhealth.org/learn/mental-disorders/adhd/>

CANADIAN DVD'S ON ADHD

Portrait of Attention Deficit/Hyperactivity Disorder Dr. Annick Vincent and the educational department of ISMQ (2007); Quebec City (418-663-5146)

ADHD Across The Lifespan Timothy S. Bilkey, Ontario; www.bilkeyadhdclinic.com

Various DVs for patients, parents and educators CADDAC Toronto; www.caddac.ca128
Version: Jan 2011. Refer to www.caddra.ca for latest updates.

- Nadeau, K.G., Littman, E.B. and Quinn, P. (1999). **Understanding Girls with AD/HD**. Silver Spring: Advantage Books
- Nadeau, K.G., Littman, E.B. and Quinn, P. (2002). **Understanding Women with AD/HD**. Silver Spring: Advantage Books
- Nadeau, K. (1998). **Help4ADD@High School**. Silver Spring: Advantage Books
- Nadeau, K.G. (2006). **Survival Guide for College Students with ADHD or LD**. New York: Magination Press.
- Pera, G. (2008). **Is it You, me or Adult ADD? Stopping the Roller Coaster When your Partner has – Surprise! – Attention Deficit Disorder**, San Francisco, 1201 Alarm Press
- Phelan, T.W. (2003). **1-2-3 Magic**. Glen Ellyn, Illinois: Parent Magic Inc.
- Phelan, T.W. (2000). **All about Attention Deficit Disorder: Symptoms, Diagnosis and Treatment: Children and Adults**. Glen Ellyn, Illinois: Parent Magic Inc.
- Pinsky, S.C. (2006) **Organizing Solutions for People with Attention Deficit Disorders – Tops and Tools to Help you Take Charge of Your Life and Get Organized**. Gloucester: Fair Winds Press
- Quinn, P.O., Ratey, N.A, Maitland, T.L. (2000). **Coaching Students with AD/HD, Issues and Answers**. Washington, DC: Advantage Books
- Safren, S.A., Sprich, S., Perlman, C.A., Ottom, M.W. (2005). **Mastering Your Adult ADHD. A Cognitive Behavioral Treatment Program, Client Workbook**, New York: Oxford.
- Solden, S. (1995). **Women with Attention Deficit Disorder: Embracing Disorganization at Home and in the Workplace**. Grass Valley: Underwood Books.
- Tuckman, A. (2009). **More Attention, Less Deficit: Success Stories for Adults with ADHD**. U.S.: Specialty Press/A.D.D. Warehouse
- Vincent, A. (2008). **My Brain Needs Glasses: Living with Hyperactivity**. Quebec: Impact!Editions. French version available: Mon cerveau a besoin de lunettes: Vivre avec l'hyperactivite
- Vincent, A. (2008). **My Brain Still Needs Glasses: AD/HD in Adults**. Quebec: Impact!Editions. French version available: Mon cerveau a Encore besoin de lunettes: Vivre avec l'hyperactivite
- Wender, P.H. (2002). **Attention-Deficit Hyperactivity Disorder in Children and Adults**. Oxford University Press
- Zylowska, M.D., Lidia (2012). **The Mindfulness Prescription for Adult ADHD**. Boston: Trumpeter Books