

ADHD Resources



FOOTHILLS ACADEMY SOCIETY

find understanding. build confidence. maximize potential.

Psychological Services & Programs

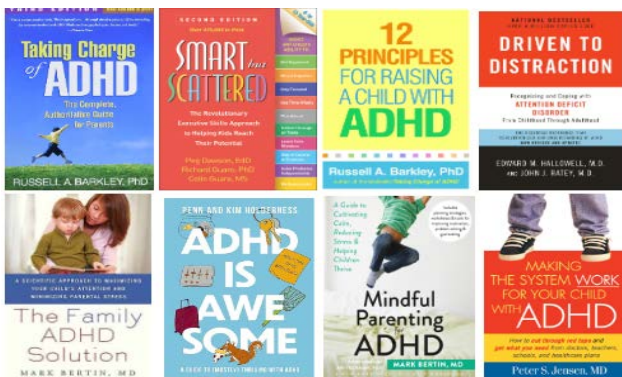
Overview

Here is a list of resources recommended to learn more about Attention Deficit Hyperactivity Disorder (ADHD). The following includes books and online resources.

Books

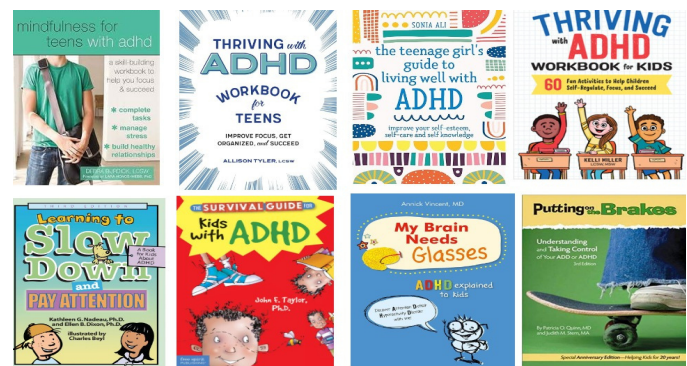
Parents & Caregivers

Learning and Parenting books about ADHD:



Kids/Teens

Learning about ADHD and ADHD workbooks:



Stories about having ADHD:

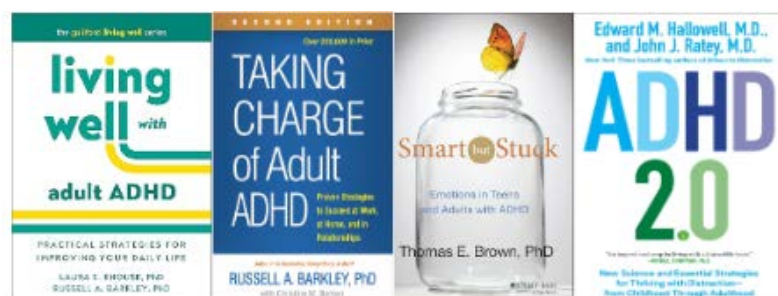


Girls & Women

For Women, Girls, and parents of girls with ADHD:



Adults & ADHD



Websites & Online Resources



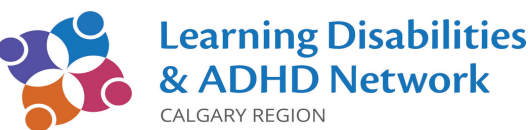
Foothills Academy offers programs for students with ADHD, and provides social skills summer camp (Camp Amicus for children with Learning Disabilities and/or ADHD), psycho-educational assessments, counselling, group programs, workshops, and self-directed online Professional Development courses on ADHD at school:
<https://www.foothillsacademy.org/community/comm-education/online/inside-adhd-for-families>



CanLearn Society offers ADHD Resources, provides assessment and treatment of gifted children and children with ADHD, group sessions for ADHD and anxiety, as well as ADHD coaching.
<https://canlearnsociety.ca/adhd-resources/>



Centre for ADHD Awareness lists support groups, advocacy, and resources for ADHD.
<https://caddac.ca/>



The Learning Disabilities & ADHD Network fosters collaborative action by offering support, resources and opportunities within the Calgary region to meet the needs of people with Learning Disabilities (LD) & Attention Deficit Hyperactivity Disorder (ADHD).
<https://ldadhdnetwork.ca/about-adhd/>

Smart but Scattered Kids

The Smart but Scattered Kids website offers resources for parents who want to support their kids and teens in developing stronger executive skills.
<https://www.smartbutscatteredkids.com/>



Online resource that uses humour to present current ADHD information. The focus is on helping adults with ADHD and those affected by it.
<https://totallyadd.com/>



Online Family Resource Center, Toolkits and trainings.
<https://childmind.org/search/ADHD/>



National ADHD organization with articles, webinars, and parent training programs.
<https://chadd.org/>



Free Course:
www.healthymindslearning.ca/rollingwith-adhd/



Expert advice, practical tips, and personal stories for kids, teens, and adults.
<http://www.additudemag.com/>



Engaging, well-informed videos by Jessica McCabe.
<https://www.youtube.com/HowtoADHD>



Resources for learning and attention issues, with tools for parents and educators.
<https://www.understood.org/en/topics/adhd>



The Russell Barkley website offers expert research, videos, books, and courses.
www.russellbarkley.org