

---

# ADHD Resources

---

## Websites

- Canadian ADHD Resource Alliance (CADDRA): <https://www.caddra.ca/>
- How to ADHD (YouTube Channel, Jessica McCabe): [https://www.youtube.com/channel/UC-nPMu\\_kSZfoiZGkcgY\\_95Q](https://www.youtube.com/channel/UC-nPMu_kSZfoiZGkcgY_95Q)
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD): <https://chadd.org/>
- Attitude Magazine (Inside the ADHD Mind): <https://www.additudemag.com/>
- ADHD Information Tips & Tricks: <http://www.attentiondeficit-info.com/home.php>
- CanLearn Society (ADHD, Learning Disabilities, & Literacy Services): <https://www.canlearnsociety.ca/resources/adhd-ld-resources/adhd-families/>
- Understood: <https://www.understood.org/>
- The ADHD Homestead: <https://adhdhomestead.net/>

## Helpful Videos

- What is ADHD? (Jessica McCabe): <https://www.youtube.com/watch?v=xMWtGozn5jU>
- How to (Explain) ADHD (Jessica McCabe): [https://www.youtube.com/watch?v=jhcn1\\_qsYmg&t=190s](https://www.youtube.com/watch?v=jhcn1_qsYmg&t=190s)
- Neuroscience of the ADHD Brain: <https://www.additudemag.com/neuroscience-of-adhd-brain/>
- Why Stimulants Help ADHD (SciShow Psych): <https://www.youtube.com/watch?v=yoXovEDn5a4>
- An ADHD Success Story (Jessica McCabe): <https://www.youtube.com/watch?v=liwZQNYIGQI&t=165s>
- What is ADHD? (Dr. Thomas E. Brown, Understood): <https://www.youtube.com/watch?v=ouZrZa5pLXk>
- ADHD is Time Blindness (Dr. Russell Barkley): <https://www.youtube.com/watch?v=fVqFEITrgLw&t=1s>
- How it Really Feels to be Time Blind (The ADHD Homestead): <https://adhdhomestead.net/time-blindness-feels/>
- Why People with ADHD Procrastinate (Dr. Tracey Marks): <https://www.youtube.com/watch?v=Xp8o5f-jiVI>
- The Joy of Having ADHD, by Penny Jarrett: <https://www.youtube.com/watch?v=Dju-hydRoFE>

## Videos for Kids & Families:

- Executive Functioning (Air Traffic Control Analogy): <https://www.albertafamilywellness.org/resources/video/executive-function>
- Dr. Hallowell's ADHD "Race Car Brain" Analogy, Described by Jessica McCabe: <https://www.youtube.com/watch?v=UmEpGaEUQqE>
- "Take My Hand": A Child's Perspective of ADHD: <https://www.youtube.com/watch?v=WddfBzEiAuU&t=21s>

## ADHD Tools

- CADDRA Medication Chart: [https://www.caddra.ca/wp-content/uploads/Final-Laminate-Card-2019\\_9-1.pdf](https://www.caddra.ca/wp-content/uploads/Final-Laminate-Card-2019_9-1.pdf)
- CADDRA Medication Coverage Chart: <https://www.caddra.ca/provincial-and-federal-public-formulary-overview/>
- CADDRA Psychoeducation Guide: [https://caddra.ca/pdfs/Psychosocial\\_October2016.pdf](https://caddra.ca/pdfs/Psychosocial_October2016.pdf)
- CADDRA Information & Resources Handout: <https://www.caddra.ca/wp-content/uploads/CADDRA-ADHD-information-resources-handout.pdf>
- Parents Medication Guide (American Academy of Child & Adolescent Psychiatry): <https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/Professional-Topics/Child-Adolescent-Psychiatry/adhd-parents-medication-guide.pdf>
- Healthy Children.org: Family Media Plan: <https://www.healthychildren.org/English/media/Pages/default.aspx#home>

## **Assessment Services with Financial Assistance**

- CanLEARN Society: <https://canlearnsociety.ca/adhd-learning-disabilities/>
  - Phone: 403-686-9300 ext. 102, Email: intake@canlearnsociety.ca
  - A great first place to contact. CanLEARN sometimes receives funding from United Way which allows them to help with financial barriers at times. Alternatively, they have a great awareness of the affordable assessment services available in the Calgary and surrounding area.
- University of Calgary – Psychology Clinic: <https://arts.ucalgary.ca/psychology-clinic>
  - Phone number: 403-220-3500, Email: psyclinic@ucalgary.ca
  - Reduced rates for children and youth only, depending on household salary.
- The Mustard Seed Wellness Centre: <https://theseed.ca/services/wellness-centre>
  - Phone number: 587-393-4020, Email: Wellness@theseed.ca
  - Reduced rates depending on income level.
- Foothills Academy: <https://www.foothillsacademy.org/community-services/psychological-services-programs/assessment>
  - Email: mreader@foothillsacademy.org
  - Bursary assistance program for children and youth only
- Cultivate: Calgary | Cultivate (growthelife.com)
  - Phone number: 403-612-1903, Email: hello@growthelife.com
  - Contact Cultivate to determine pricing depending on what you are able to pay
- Jade Psychology: <https://www.jadepsychology.com/>
  - Phone number: 403-612-0254, Email: lediamond@shaw.ca
  - Reduced rates for limited number of clients depending on need
- Koru Family Psychology: <http://korupsychology.ca/>
  - Phone number: 587-205-9291, Email: info@korupsychology.ca
  - \$1,500 to see their intern
- Canada Student Grant for Services and Equipment for Students with Permanent Disabilities: <https://studentaid.alberta.ca/policy/student-aid-policy-manual/permanent-disability/assistive-services-and-equipment/>
  - The cost of a learning assessment can only be considered if the learning assessment was completed within six months of the current study period start date, and the assessment results in a diagnosis of a learning disability. The Canada Student Grant for Services and Equipment for Students with Permanent Disabilities (CSG-PDSE) may cover 100% of the cost to a maximum of \$3,500 per loan year.
- Family Support for Children with Disabilities: <https://www.alberta.ca/fscd.aspx>
  - The FSCD program works with eligible families to provide support and services based on each child and family's needs.
- Autism Calgary: <https://autismcalgary.com/what-we-do/>
  - Autism Calgary is an association of individuals and families living with Autism Spectrum Disorder (ASD) striving to assist each other and the broader community so that those with ASD live meaningful and purposeful lives in a community that values them.
- Access Mental Health: Access Mental Health | Alberta Health Services
  - Phone number: 403-943-1500
  - Provides information, consultation and referral to individuals residing in the Calgary zone who have addiction and/or mental health concerns.

# Books



## Required Reading for Parents of Kids with ADHD

These 10 books, filled with parenting strategies and up-to-date research, offer support, insight, and tips for raising a happy and healthy child.

### 1. *Taking Charge of ADHD* by Russell Barkley, Ph.D.

This straightforward book offers an 8-step parenting plan — based on positive attention and calm consistency — to manage ADHD symptoms and reconnect with your child.

### 2. *8 Keys to Parenting Children with ADHD* by Cindy Goldrich, Ed.M., A.C.A.C.

This invaluable resource focuses on developing and strengthening interpersonal skills to improve conflict resolution, reduce chaos, and build self-esteem.

### 3. *The Misunderstood Child* by Larry Silver, M.D.

Children with learning difficulties struggle to explain why they feel “different.” Here, Silver delves into their minds and hearts, and explains what parents can do to help.

### 4. *The Explosive Child* by Ross Greene, Ph.D.

Kids can misbehave when situations stress their coping mechanisms. This book outlines an easy-to-implement parenting method to help “inflexible” kids manage bad behavior.

### 5. *The Out-of-Sync Child* by Carol Stock Kranowitz, M.A.

This book offers unique perspectives on life with sensory processing disorder, and outlines concrete strategies to manage complex symptoms of SPD.

### 6. *The Complete Guide to Special Education* by Linda Wilmshurst, Ph.D. and Alan W. Brue, Ph.D.

This comprehensive resource outlines the IEP process to help parents and teachers navigate the complex special education system.

### 7. *Smart but Scattered Teens* by Richard Guare, Ph.D. and Peg Dawson, Ph.D.

Here, find step-by-step strategies to promote your teen’s independence — and confidence — by building the executive skills needed to get organized, stay focused, and control impulses.

### 8. *A New Understanding of ADHD in Children and Adults* by Thomas Brown, Ph.D.

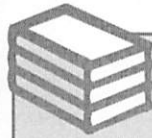
This fascinating book presents a new definition of ADHD, which recognizes executive function impairments as its true underpinnings.

### 9. *The Dyslexia Empowerment Plan* by Ben Foss

Foss uses easy-to-apply analogies, as well as his own experiences with dyslexia, to help parents empower children with dyslexia and other learning disabilities.

### 10. *Driven to Distraction* by Edward Hallowell, M.D., and John Ratey, M.D.

First published in 1994, this title has remained the definitive book on ADHD ever since. Says one reader, “After finishing it, I finally understood how my child’s brain is wired — and how I can help him.”



## 10 Books for Your ADHD Library

These 10 definitive books promote understanding, treatment, and good health for adults with ADHD.

### 1. *Driven to Distraction*

by Edward Hallowell, M.D. and John Ratey, M.D.

This “ADHD Bible” — first published in 1994 and updated in 2011 — covers diagnosis, treatment, and living well with ADHD. It is the definitive resource for understanding ADHD.

### 2. *Women with Attention Deficit Disorder*

by Sari Solden, M.S., LMFT

Now in its second edition, this groundbreaking work unveils the hidden epidemic of depression, anxiety, and low self-esteem among women with ADHD.

### 3. *What Does Everybody Else Know That I Don't?*

by Michele Novotni, Ph.D.

This comprehensive social-skills guide for adults with ADHD contains straightforward exercises and engaging tidbits that teach adults to overcome common problems like inattention, impulsive blurting, and more.

### 4. *The Couple's Guide to Thriving with ADHD*

by Melissa Orlov and Nancie Kohlenberger, LMFT

Marriages (or long-term relationships) are seldom easy. But when one or both partners has ADHD, this book’s tried-and-true techniques become essential to managing ADHD’s impact on your relationship.

### 5. *Adult ADD: A Guide for the Newly Diagnosed*

by Stephanie moulton Sarkis, Ph.D.

This easy-to-read “first step” manual for adults with ADHD covers diagnosis and treatment, treatment, plus simple solutions for everything from managing ADHD at work to making lifestyle changes.

### 6. *The Smart But Scattered Guide to Success*

by Peg Dawson, Ed.D. and Richard Guare, Ph.D.

This read will help you understand how ADHD may be holding you back in the workplace, and offer simple strategies for maintaining focus and meeting goals.

### 7. *Taking Charge of Adult ADHD*

by Russell Barkley, Ph.D.

Written by one of the foremost ADHD experts in the world, this book clearly outlines how to get the best treatment for your symptoms, what you need to know about medications, and how to fix damaged finances, relationships, and more.

### 8. *The Mindfulness Prescription for Adult ADHD*

by Lelia Zytkowska, M.D.

This book outlines a simple 8-step plan to improve your attention, increase your awareness, and gain self-acceptance through meditation.

### 9. *Is It You, Me, or Adult ADD?*

by Gina Pera

Sadly, loved ones can struggle to separate ADHD symptoms from “selfish” behavior — leaving everyone frustrated and angry. This book shows both sides to help find solutions that work for all.

### 10. *Scattered Minds*

by Lenard Adler, M.D.

Moving seamlessly from medical facts to easy-to-follow interventions, this book’s brief chapters make it readable — and valuable — for anyone eager to learn about ADHD’s symptoms, causes, drug therapies, and alternative treatments.

ADDITUDE

www.additudemag.com/download/

ADDITUDE

www.additudemag.com/download/

## 10 BOOKS ON ADHD FOR PARENTS

- THE EXPLOSIVE CHILD**  
A New Approach to Understanding and Raising Truly Flourishing Chronically Frustrated Children
- SUPERPARENTING FOR ADD**  
An Innovative Approach to Raising Your Distracted Child
- RAISING BOYS WITH ADHD**  
Secrets for Raising Healthy, Happy Sons
- EASY TO LOVE BUT HARD TO RAISE**  
And Parents, Challenging Kids, Too!
- SMART BUT SCATTERED**  
The Smartest Kids, Teachers & Adults in the Room? Learning Kids Really Aren't!
- MINDFUL PARENTING FOR ADHD**  
A Guide to Calming Your Child, Reducing Stress, and Helping Children Thrive
- NOWHERE TO HIDE**  
Why Kids with ADHD (and 12 More Special and Gifted Kids) Can't Hide
- THE OUT-OF-SYNC CHILD**  
Recognizing and Coping with Sensory Processing Disorder
- THE ORGANIZED STUDENT**  
Helping Your Child Get Ready for School
- BOOKS BY PENNY WILLIAMS**  
The Parent's Guide to ADHD  
The Parent's Guide to ADD  
The Parent's Guide to ASD

PARENTING, ADHD & AUTISM ACADEMY

