

Teens + ADHD Resource List

presented by [Kate Drew Counselling](#)

ADHD Specific:

[Rolling With ADHD](#), Resources for Parents, Teachers, and Teens (BC Children's Hospital)

Canadian ADHD Resource Alliance: [CADDRA](#)

Centre for ADHD Awareness, Canada: [CADDAC](#)

Children and Adults with Attention Deficit/Hyperactivity Disorder: [CHADD](#)

ADHD: Information For Families [Booklet](#)

General Information (including ADHD):

[Kelty Mental Health Resource Centre](#)

BC Children's Hospital [Health Minds Learning](#)

[Foundry, North Shore](#)

Foundry: [Groups and Workshops](#) (see EFFT workshop!)

[Child Mind Institute](#)

Podcasts: [Ask Lisa - The Psychology of Parenting](#) (Dr. Lisa Damour) and [Good Inside](#) (Dr. Becky Kennedy)

Should you have further questions or an interest in exploring counselling support for you and/or your teen, please contact me at:

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All the best,

Kate Drew, MC, RCC

