

Vancouver Adult ADD Support Group

About Us

The Vancouver Adult ADD Support Group is the non profit adult ADHD support group of CHADD Vancouver, an international ADHD support group. (Children and Adults with Attention Deficit Disorder, <http://www.vcn.bc.ca/chaddvan/home.htm>). It was started by Adult ADHD coach Pete Quily in 2004.

90% of adults with ADHD are undiagnosed and untreated (Monitor on Psychology March 2012 p.70), which often leads to major negative consequences in many areas of one's life. 5% of adults have ADHD.

We focus on the needs of adults with ADHD. Meetings are organized around specific practical topics. We don't cover parenting (CHADD Vancouver does). We are the only adult ADD support group in BC.

The Vancouver Adult ADD Support Group offers:

- Peer support
- Opportunities to meet other adults with ADHD in order to share support and encouragement.
- Discussion sessions with others to share ideas & strategies for dealing with ADHD patterns and habits.
- Current information on ADHD research.

Where

Raven Song Community Health Centre 2450 Ontario Street, Vancouver in the basement. Map on our webpage.

When

Meetings are held on the first Tuesday of every month 6.30-8.30pm. Please check the website to confirm.

Free for members of CHADD Vancouver and by donation for others. Details of the next meetings will be listed on our web page: <http://www.addcoach4u.com/adultadd.html> and notes from some previous meetings.

Note: Please refrain from using scented products as some members have allergies-thank you for your consideration.

Contact

To join meeting email reminder list email pete@addcoach4u.com with subject line "support group email list"

For more information on our group, visit our webpage: <http://www.addcoach4u.com/adultadd.html>

Contact: Pete Quily, Adult ADHD Coach and Vancouver Adult ADD Support Group Leader
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