

Vancouver Adult ADD Support Group

The Adult Group of CHADD Vancouver

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>)

5% of the adult population has ADHD. 85% of them are undiagnosed. Untreated ADHD can lead to major negative consequences in many areas of one's life.

We've formed a group that is specifically oriented to the needs of Adults with ADHD. It's open to adults with ADHD who live in the lower mainland. Our members come from West Vancouver to Delta to Mission. It is a peer support group and a forum where information about adult ADHD can be exchanged. The meetings will usually be a combination of focus on one topic relating to ADHD in adults and highly interactive peer support. It's a place where you can:

- Meet other adults with ADHD and share support and encouragement.
- Share tactics and strategies on coping with ADHD patterns and habits.
- Get current information on ADHD.
- Share your strengths, experiences and successes with others.

Where

Raven Song Community Health Centre. 2450 Ontario Street, Vancouver. 2 blocks west of Main St, and 1/2 a block north of Broadway. It has parking in front, and the 99 B line stops near there as well as the #3, #9, #8, and #19 busses. Map of the location is on the group's webpage.

When

We have monthly meetings from 6:30 to 8:30 PM on the 1th Tuesday of the month. Our meetings are free for members of CHADD Vancouver and by donation for others. Details of the next meetings will be listed on our webpage, along with notes from some previous meetings.

Contact

To be on the email reminder list of upcoming meetings, email pete@addcoach4u.com with the subject line support group email list. For more information about our group, including upcoming meetings, and notes of previous meetings, check out our **groups webpage** at

<http://www.addcoach4u.com/adultadd.html> or contact

Pete Quily, Adult ADHD coach & Vancouver Adult ADD Support Group (The Adult Group of CHADD Vancouver) Leader

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