

[adhdparentsupportgroupkw.com](http://adhdparentsupportgroupkw.com)

For topics, speakers and more neat stuff- check out our new website at:

[adhdparentsupportgroupkw.com](http://adhdparentsupportgroupkw.com)

**For more information**  
call Sandy at 519-749-8440  
or Joyce at 519-896-0030  
-messages will be responded to as soon as possible.

e-mail address:  
[info@adhdparentsupportgroupkw.com](mailto:info@adhdparentsupportgroupkw.com)

**Please note:**

There are no fees associated with this group and your attendance. We only ask for donations and your Zehrs tapes whenever possible. These funds are used to add to the resources that we offer through our lending library. See reverse side for a sampling of our books and videos. Thank you for your ongoing support.

# CALENDAR YEAR 2009-2010 MEETING DATES AND TENTATIVE TOPICS

- September 16th — Off to a Good Start  
-Advocating for your children-looking for Peoples' Strengths
- October 21st — Guest Psychologist  
-explain assessments, what's involved, what should they contain
- November 18th — Guest Speaker  
-Pauleen Turton, Breakthroughs in Learning
- December 16th — Open Discussion
- January 20th — New DVD and Discussion  
-ADHD in Adults- Dr. Russell Barkley
- February 17th — Stress Buster  
-Special Guest- Jim Ferney
- March 17th — Open Discussion
- April 21st — Physical Activity and ADHD
- May 19th — On the Positive Side
- June 16th — Guest Speaker- Sandy Cusimano  
-DVD-Me, My ADD Coach and I
- July 21st — Open Discussion  
-Come review our Resources
- August 18th — Open Discussion

# ADHD

K-W REGION  
PARENT  
SUPPORT  
GROUP

[adhdparentsupportgroupkw.com](http://adhdparentsupportgroupkw.com)

e-mail address:  
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Meetings held  
**3rd Wednesday** of each month  
**7:00 p.m. - 9:00 p.m.**  
**Sheppard Public School**  
278 Weber St. East, Kitchener

This casual setting offers help for those "need to know" questions about Attention Deficit Hyperactivity Disorder. Group participants share information and stories, provide support, discuss coping strategies, welcome guest speakers, and network.

**Hope to see you there!**

## Sampling of our Lending Library Book List

- Attention Deficit Disorder and Learning Disabilities  
Barbara D. Ingersoll, Ph.D. & Sam Goldstein, Ph.D
- Taking Charge of ADHD  
Russell A. Barkley Ph.D.
- The Edison Gene  
Thom Hartman
- All About Attention Deficit Disorder  
Thomas W.Phelan, Ph.D.
- You mean I'm not lazy, stupid or crazy?  
Kate Kelly & Peggy Ramundo
- Right-Brained Child in a Left-Brained World  
Jeffrey Freed, M.A.T. & Laurie Parsons
- The Explosive Child  
Ross W. Greene, Ph.D.
- ADD Success Stories  
Thom Hartmann
- Attention Deficit Disorder  
Thom Hartmann
- Driven to Distraction  
Edward M. Hallowell M.D. & John J. Ratey, M.D.
- Delivered from Distraction  
Edward M. Hallowell M.D. & John J. Ratey, M.D.
- ADHD and Teens  
Colleen Alexander-Roberts
- Adolescents and ADD  
Patricia O. Quinn, M.D.
- Teenagers with ADD: A Parents Guide  
Chris A. Ziegler Dendy, M.S.
- Study Strategies Made Easy  
Leslie Davis, M.Ed. & Sandi Sirotowitz M.ED.
- Seven Steps To Homework Success  
Sydney S. Zentall, Ph.D. & Sam Goldstein, Ph.D.
- Putting on the Brakes  
Patricia Quinn & Judith Stern
- Good Friends are hard to find  
Fred Frankel, Ph.D.
- Eukee The Jumpy Elephant  
Clifford L. Corman, M.D.& Esther Trevino, M.F.C.C.
- Shelley the Hyperactive Turtle  
Deborah Moss

- Help 4 ADD @ High School  
Kathleen G. Nadeau Ph.D
- The Advocate's Journal  
Georgina Rayner
- The ADD Answer  
Frank Lawless
- Otto learns about his Medicine  
Mathew Gelvin
- Bullies are a pain in the brain  
Trevor Romain
- Taking ADD to School  
Ellen Weiner
- Learning Strategies- Self-Help Manual  
Carol McMullen
- How to Stop the Battle with your Teenager  
DonFleming, Ph.D. & Laurel J. Schmidt
- A Mind at a Time  
Mel Levine
- Obsessive Compulsive Disorder  
Tamar E. Chansky, Ph.D.
- Your Spirited Child  
Mary Sheedy Kurcinka
- ADHD/Hyperactivity- A Consumer's Guide  
Michael Gordon, Ph.D.
- The Difficult Child  
Stanley Turecki M.D. & Leslie Tonner
- Joey Pigza Swallowed the Key  
Jack Gantos
- Healing the Hyperactive Brain  
Michael Lyon, M.D.
- ADHD Book- Living Right Now!  
Martin L. Kutscher, M.D.
- ADHD in the Workplace  
Kathleen G. Nadeau Ph.D

## Lending Resource Loan Policy:

*We want everyone to be able to share as often as possible. Please borrow only 1 resource per month. It is due back the following month. A fully refundable cheque deposit is required to borrow a resource - amount determined by specific resource borrowed. Your cooperation is appreciated. Thank you*

## Sampling of our Lending Library Video List

- 1-2-3 Magic  
Thomas W. Phelan, Ph.D.
- More 1-2-3 Magic  
Thomas W. Phelan, Ph.D.
- Raising resilient Children (CD)- Sam Goldstein
- Jumpin' Johnny Get Back To Work!
- Why Can't My Child Pay Attention?  
Dr. Sam Goldstein
- ADD- Symptoms, Development, Prognosis and Causes  
- Part 1  
Thomas W. Phelan, Ph.D.
- ADD- Diagnosis and Treatment-  
Part 2  
Thomas W. Phelan Ph.D.
- F.A.T. City  
Richard Lavoie
- When the Chips are Down & training manual  
Richard Lavoie
- It's so much work to be your friend  
Richard Lavoie
- Last one picked first one picked on -Learning Disabilities & Social Skills  
-Richard Lavoie
- Misunderstood Minds on Oprah  
Dr. Levine
- ADHD in Adults-Russell Barkley
- Me, My ADD Coach & I - DVD

## Website Information

- www.chaddcanada.org  
Children and Adults with ADHD
- www.add-toronto.org
- www.adrn.org  
Attention Deficit Resource Network
- www.add.org  
Attention Deficit Disorder Association
- www.addca.com  
ADD Coach Academy
- www.advance.com  
Answers to your Questions about ADHD
- www.addwarehouse.com  
Order Books on line
- www.myadhd.com  
A really helpful set of online tools for parents
- www.bridges-canada.com  
Reading and writing software for struggling students
- www.ldonline.org
- www.bilkeyadhdclinic.com
- www.addofoundation.org
- www.caddac.ca
- www.beautifulminds.ca
- www.adhdparentsupportgroupkw.com