



Got ADHD? Get CHADD!

Children & Adults with ADHD - founded in 1987 in response to the frustration and sense of isolation experienced by those looking for information about AD/HD. It has been thought that ADHD is a *simple childhood* condition. Many people seriously misunderstand ADHD. Many clinicians and educators know little about recognizing ADHD and individuals with ADHD are often mistakenly labeled "behavior problems," "unmotivated," "unintelligent," "willful" or even "stubborn." Today, with the internet, it can be hard to find the information you need. We are a team of *volunteers* who have the lived experience – with many years of Certifications and Trainings under our belts who most likely have been right where you are now.

We can help you navigate the sea of options with our robust Greater OCCHADD Chapter right here in North and South Orange County!

Get the support and the information you need in regards to ADHD and co-occurring neurology FREE! OCCHADD is self-supporting through donations, contributions and membership. You do NOT have to be a member to attend. Membership is \$53 a year. Ask about membership if you would like to support OCCHADD and our National CHADD. You receive *Attention Magazine*, podcasts and more when you become a member!

FREE CHADD ADHD Educational Support Meetings

Tustin OC Meeting Location: ~~Heart 4 Kids Center, 145 W. Main Street (upstairs), Tustin, CA 92780~~
COVID_19 Teleconferencing info for Tustin & SouthOC in email blasts

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| 1. Tustin Spanish Support Meeting
Parents Teachers Caregivers Adults Adolescents (Childcare available) | 2 nd Saturday / 10AM – Noon
No meeting in July or August |
| 2. Tustin Parent ADHD Support Meeting
Parents Teachers Caregivers Adults Adolescents (NO Childcare) | 2 nd Wednesday 7PM - 9PM
No meeting August or December |
| 3. Tustin Adult ADHD Support Meeting
Partners Spouses Parents Teens 16+ with parent (NO Childcare) | 3 rd Wednesday 7PM – 9PM
No meeting August or December |

South OC Meeting Location: ~~Norman P. Murray Community Center
24932 Veterans Way (Lantana Room), Mission Viejo, CA 92692~~

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| 1. Mission Viejo Parent Support Meeting
Parents Teachers Caregivers Adults Adolescents (NO Childcare) | 3 rd Saturday 10AM - Noon
No meeting August or December |
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ADHDmeeting@gmail.com

CHADDenEspañol@gmail.com

OCCHADD Chapter #455 supports an evidence-informed, evidence-based, best practice, multi-modal treatment approach for ADHD, which can be done with or without medication. Individuals at an OCCHADD-sponsored event do not represent an endorsement by CHADD, nor is it testimony by CHADD as to the quality of the products, services, publications, medications or treatments or the validity of the claims. Any advice given by a OCCHADD Facilitator is understood to be given in good faith. Participants choosing to follow such advice assume full responsibility for doing so.

CHADD does not endorse products, services, publications, medications or treatments

www.chadd.org

www.help4adhd.org

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