



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 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

Meeting Location: ~~Heart 4 Kids Center, 145 W. Main Street (upstairs), Tustin, CA 92780~~

COVID_19 Teleconferencing info

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

The OC CHADD Volunteers:

Parent Support Meeting: Natalia nvanrikx.chadd@gmail.com

Adult Support Meeting: Rodney rziebolchadd@gmail.com

Spanish Support Meeting: Coco chaddenespanol@gmail.com or 714.253.9797

General OC CHADD Questions: Debra Ann ADHDmeeting@gmail.com or 714.695.1057

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.

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www.chadd.org

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