

Organizational Resources on ADHD

CADDAC - Centre for ADHD Awareness Canada <https://caddac.ca/adhd/>

CADDRA – Canadian ADHD Resource Alliance <https://www.caddra.ca/>

Good overview on ADHD

Dr. Russell Barkley “How to Treat ADHD Based on Science”. One of the best explanations of ADHD
<https://www.youtube.com/watch?v=tpB-B8BXk0>

Jessica McCabe – How to ADHD youtube channel – good overview of ADHD
https://www.youtube.com/watch?v=jhcn1_qsYmg&t=61s

ADHD and Emotions

Jessica McCabe - <https://www.youtube.com/watch?v=2kew2JhKq3Y> – video on ADHD and emotions

Jessica McCabe - <https://www.youtube.com/watch?v=2kew2JhKq3Y&t=25s> – another on ADHD and Emotional regulation

Jessica McCabe - <https://www.youtube.com/watch?v=jM3azhiOy5E> – talks about Sensitivity with ADHD

Attitude Magazine - <https://www.additudemag.com/rejection-sensitive-dysphoria-and-adhd/>

ADHD and Procrastination

Attitude Magazine - <https://www.additudemag.com/stop-adhd-procrastination/>

Psychology today: - <https://www.psychologytoday.com/us/blog/rethinking-adult-adhd/202007/procrastivity-aka-sneaky-avoidance-and-adult-adhd-coping>

Jessica McCabe - <https://www.youtube.com/watch?v=uBwGvboe4hM> – ADHD and Procrastination

Jessica McCabe - <https://www.youtube.com/watch?v=loJx9sXeP34&t=189s> - More on Procrastination

Some good books:

Executive Functions

Anything by Dr. Russell Barkley, Thomas Brown, Ramsay and Rostain

Peg Dawson and Richard Guare – Coaching Students with Executive Skills Deficits

Peg Dawson and Richard Guare – The Work-Smart Academic Planner – Write it Down, Get it Done

Peg Dawson and Richard Guare – The Smart but Scattered Series of Books

Ari Tuckman – Understand your Brain Get More Done – Workbook for Executive Functions