



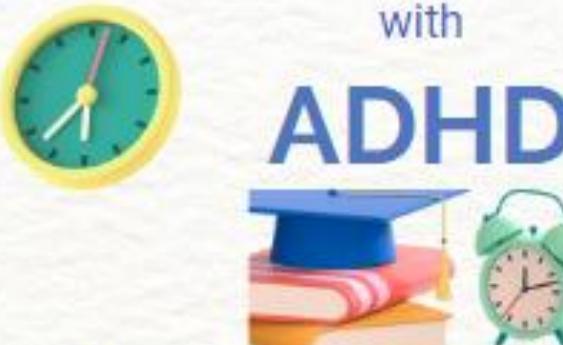
- Principal at Path & Purpose Coaching
- Accredited coach, specializing in ADHD
- Adult educator, HR professional and public speaker
- Diversity, Equity and Inclusion Leader
- Mother of adult child living with ADHD
- Board Chair of Canadian ADHD Awareness Centre

Navigating

# Back to school

with

## ADHD



A free information session for parents of children and youth living with ADHD.



*Path & Purpose Coaching*  
Find **your** path to purpose!  
[www.faelyne.com](http://www.faelyne.com)

# RESOURCES

## Websites

- Centre for ADHD Awareness, Canada (CADDAC)
  - A resource for parents, educators and community members
- Canadian ADHD Resource Alliance (CADDRA)
  - A resource for clinicians
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
  - A U.S.-based resource
- ADDitude Magazine
  - Primarily U.S. focused
- Ontario Human Rights Commission – Schools
  - <https://www.ohrc.on.ca/en/teaching-human-rights-ontario-guide-ontario-schools>



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## Apps

### Coconote

[https://www.youtube.com/watch?v=VvQ\\_v4bo-FY](https://www.youtube.com/watch?v=VvQ_v4bo-FY)

### Focus Mate

<https://www.focusmate.com/>

### Goblin Tools

<https://goblin.tools/>

### Todoist

<https://todoist.com/>

### Pomodor

<https://pomodor.app/timer>