

## ABOUT ADHD PEI

We are a not-for-profit grassroots organization run by people with first-hand insight and experience with Attention Deficit Hyperactivity Disorder (ADHD). Founded in 2018 by Sandy Slade, ADHD PEI works to help people affected and impacted by ADHD on Prince Edward Island. Our group's mission is to support these Islanders and their loved ones through education, advocacy, and peer support.

“ Sometimes people need information, and sometimes people need the support of just knowing that they are not alone. ADHD PEI provides both – and more! – to the local community.”



Sandy Slade  
Founder, ADHD PEI



## THE ADHD COMMUNITY WELCOMES YOU

Maybe you have ADHD, or maybe you want to learn more about it. If you're looking for answers or need support navigating life as a neurodivergent person, you are in the right place!

Through our resources, volunteers, community presence, and advocacy for more inclusive social policies, we are striving to address a social system which currently is biased toward neurotypical needs, and doing our part to foster hope and willingness to make a kinder, more understanding, more human everyday life for everyone.

*On behalf of everyone  
involved here at ADHD PEI,*

**WELCOME!**



***Helping each other not just  
to survive, but to thrive!***

### ADD US TO YOUR ADHD TOOLKIT

- Resources
- Education
- Support groups
- Online community
- Awareness programming

 @ADHDPEI

 @ADHDPEI

 @ADHD\_PEI

 [www.adhdpei.ca](http://www.adhdpei.ca)  
 [contact@adhdpei.ca](mailto:contact@adhdpei.ca)

## LOCAL COMMUNITY

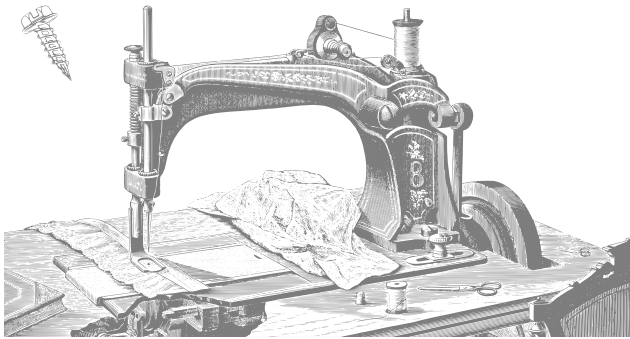
### ADHD PEI MAKERS' GROUP



Online: Discord (desktop/mobile app)  
*Visit our website for link to join*

The ADHD community are passionate and talented people who often take on numerous projects and have a large variety of interests and hobbies.

The *ADHD PEI Makers' Group* is a place to showcase and celebrate our skills, the things we're proud of we can easily celebrate our projects and endeavours, and get advice on the best (or most cost-efficient) route to starting a new one (or three)!



### SOCIAL EVENTS

ADHD PEI regularly hosts in-person social events through the year, including meet-ups, speaker presentations, and other fun events. Watch our calendar and social media for event announcements!

👉 [www.adhdpei.ca/events](http://www.adhdpei.ca/events)

## ADHD PEI SUPPORT GROUPS

Our volunteer-led support groups are for adults who have ADHD, have a loved one with ADHD, or have questions about ADHD. All are welcome, and a diagnosis of ADHD is not required to participate.



### ONLINE COMMUNITY

#### ADHD PEI Support Group

Private, members-only Facebook group with 800+ members from our local community.  
*Find us on Facebook or visit our website for link*



### IN-PERSON MEETINGS

#### Charlottetown Adult Peer Support Group

Weekly: Wednesdays at 7:00pm

#### Summerside Adult Peer Support Group

Biweekly: Every other Wednesday at 7:00pm

Please refer to our website for the most up to date schedule as well as location information.



### VIRTUAL MEETINGS

#### Online Peer Support Group

Weekly: Wednesdays at 7:00pm  
*Zoom link available on our website*

#### Weekly Planning Sessions (Drop-in, Zoom)

See website for day/time: [ADHDPEI.ca/supportgroups](http://ADHDPEI.ca/supportgroups)  
*Zoom link available on our website*

These casual drop-in sessions are a great way to get your week started! We discuss tactics and solutions for issues related to executive functioning (organization, time management, etc.) and help each other with goal-setting and accountability.

## ADHD RESOURCES

### SITES & ORGANIZATIONS

Centre for ADHD Awareness Canada (CADDAC)  
<http://www.caddac.ca>

Canadian ADHD Resource Alliance (CADDRA)  
<http://www.caddra.ca>

ADDitude Magazine  
<http://www.additudemag.com>

### LOCAL (PEI)

Provincial ADHD Clinic (at UPEI)  
<https://www.upei.ca/adhd-clinic>

PEI Division, Canadian Mental Health Association (CMHA)  
<http://pei.cmha.ca>

Ask Dr. Wong (Blog)  
<http://www.AskDrWong.ca>

### YOUTUBE & PODCASTS

How to ADHD (YouTube Channel)  
<http://www.youtube.com/@HowtoADHD>

ADHD Dude (YouTube Channel)  
<http://www.youtube.com/@ADHDDude>

ADHD ReWired (Podcast)  
<http://www.adhdrewired.com>

I Have ADHD (Podcast)  
<http://www.ihaveadhd.com/podcast>

### WRITERS & SPEAKERS

Sari Solden, M. S.  
Author of *Women with Attention Deficit Disorder*  
<http://www.sarisolden.com>

Dr. Ned Hallowell  
Author of *ADHD 2.0* and *Driven to Distraction*  
<http://www.drhallowell.com/read>

Dr. Russell Barkley  
Author of *Taking Charge of Adult ADHD*  
<http://www.russellbarkley.org>