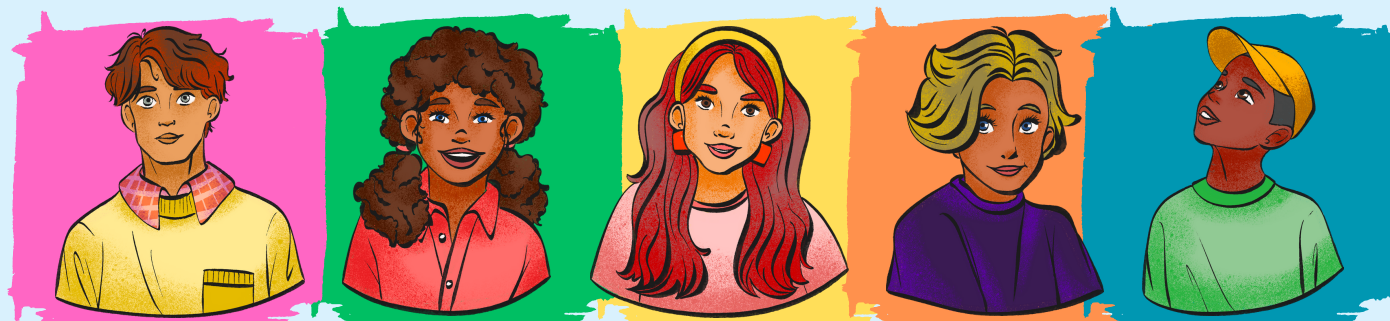


SAVE THE DATE

2025–2026 CHADD DELAWARE COMMUNITY SERIES

SUPPORTING ADULTS AND CHILDREN WITH ADHD



For parents of children with ADHD, advocates, educators, professionals, and adults with ADHD

Two available times and formats! Mondays 6–7 in person at The Pilot School, Tuesdays 12–1 on Zoom

October 6 & 7 The 3-Prong Approach

Learn about the gold standard of ADHD care and why all three prongs work in concert with one another

November 3 & 4 ...But What About...??

Discuss alternative approaches to ADHD care and investigate the evidence base behind each one

December 1 & 2 Anxiety and ADHD

Learn about the ins and outs of this common comorbidity and the ways in which you can support both

January 12 & 13 Medication 101

A perennial favorite, hear from experts about all things medication related: facts, figures, side effects, and best practice.

February 2 & 3 Sleep and ADHD

Explore the relationship between sleep and ADHD and learn ways to properly support sleep hygiene

March 9 & 10 Girls and ADHD

Back by popular demand and in honor of Women's History Month, explore the nuances of ADHD's presentation in girls.

April 13 & 14 High Schooler's Guide to ADHD

Dig into life with ADHD as a teenager, with special attention to driving and college preparations

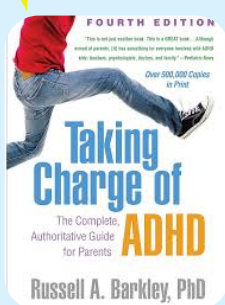
May 4 & 5 Talking to Your Kids about ADHD

Another requested return, this special event is only open to parent-child participant partners (both must be present).

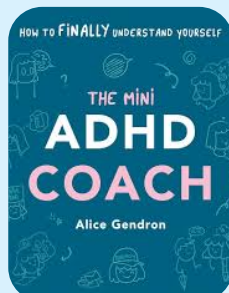
NEW

CHADD

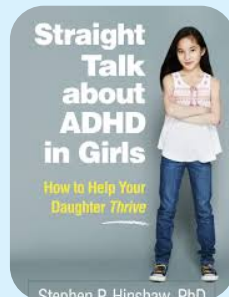
Friday Morning Virtual Book Club!!



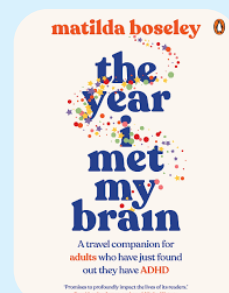
Taking Charge of ADHD, Russell Barkley
September 5 @ 9am



The Mini ADHD Coach, Alice Gendron
December 12 @ 9am



Straight Talk About ADHD in Girls, Stephen Hinshaw
March 6 @ 9am



The Year I Met My Brain, Matilda Boseley
June 26 @ 9am