

ADHD EMPOWERMENT

EDUCATION + PEER SUPPORT COMMUNITY

hosted by CHADD of San Fernando Valley - Los Angeles

The ADHD Empowerment Community hosted by Children & Adults with ADHD (CHADD) of San Fernando Valley - Los Angeles exists to improve the lives of people in our community who are impacted by Attention Deficit/Hyperactivity Disorder (ADHD).

ADHD is a lifelong neurobiological condition that impacts brain function, resulting in impaired executive function and delayed social-emotional development. Studies have shown ADHD-related challenges may decrease life expectancy by up to 13 years, but that a combination of proper diagnosis, ADHD education, skills training, medical treatment, and peer support dramatically improve outcomes.

We provide peer support, education, and advocacy through our donation-based peer support groups, education meetings, workshops, online resources, and community resource sharing. We serve all communities impacted by ADHD including parents and caregivers of children with ADHD, adults and teens with ADHD, partners of ADHD adults, medical and therapeutic professionals who treat ADHD individuals, and educators working with ADHD students.

Our hope is that together, with the communities we serve, we can improve the lives and outcomes of those who struggle with the self-regulation and executive function challenges of ADHD.



ADHD Community Education + Peer Support Events

- *ADHD Empowerment Group* - Weekly Adult Peer Support Group (age 18+)
- *ADHD Weekly Co-working/Co-Studying Virtual Meetup* (ages 18+)
- *Weekly Teen Women's Peer Support Group* (ages 12 - 18)
- *Parenting ADHD Group* - Monthly Peer Support Group for Parents of ADHD Children
- *Understanding ADHD Speaker Series* - Monthly Educational Meetup

For our schedule and to RSVP to meetings and events, visit us at www.meetup.com/chadd-sfv or scan the QR code.

