

LIVE BETTER WITH ADHD

CHADD of San Fernando Valley brings together the local ADHD community and helps those within it to live better. We provide peer support groups and evidence-based ADHD education programs throughout the Valley and advocate on behalf of those with ADHD by educating local employers, schools, and educators.

We are a non-profit chapter of Children and Adults with ADHD (CHADD) operated by a committed group of local volunteers. Our work is fully funded by charitable donations. To ensure that no person in need is ever left without support due to lack of funds, our support group meetings are pay-what-you-can at the door.

Visit [Meetup.com/CHADD-SFV](https://www.meetup.com/CHADD-SFV) to RSVP for our monthly events.

MONTHLY EDUCATION +SUPPORT

UNDERSTANDING ADHD SPEAKER SERIES

BRIDGES ACADEMY | STUDIO CITY

Our speaker meetings are ideal for anyone interested in gaining knowledge about ADHD and topics related to living better with ADHD: Teens and adults with ADHD, parents of ADHD children and teens, partners of ADHD adults, employers, educators, child development specialists, and treatment professionals. We unite to learn, connect, and discuss the realities of living with ADHD. Each meeting features a guest-speaker educating on an ADHD-related topic. Meetings are held monthly at 7:00 pm on the Wednesday evenings listed below (August to May) at Bridges Academy in Studio City. Please RSVP on Meetup to attend.

Upcoming dates | February 26, March 25, April 29, May 27

PARENTING ADHD CAREGIVER PEER SUPPORT

WHOLE CHILD NEURODEVELOPMENTAL GROUP | ENCINO

This support group is exclusively for parents and caregivers of ADHD children and teens. We come together to share, learn, and support one another as we work to improve our own lives and those of our children. Our group is facilitated by parent-volunteers and we respectfully ask that all attendees be parents or caregivers to maintain a comfortable, judgement-free environment. Our group also hosts a private, online community where local parents can connect and find support 24/7 all year long between meetings. After RSVPing on Meetup for your first meeting, you can visit our Facebook page to request access to the online community. Meetings are held monthly at 7:00 pm on the Mondays listed below at Whole Child Neurodevelopmental Group in Encino.

Upcoming dates | February 3, March 2, April 6, May 4, June 8, July 6

ADHD EMPOWERMENT ADULT PEER SUPPORT

THE LEGACY CENTER | WOODLAND HILLS

This meeting is for ADHD adults (18+) seeking to connect with a community of peers for education and support. Meetings are a safe, judgement free environment where we reflect on and share about the challenges of living with ADHD, encourage one another to achieve our intentions, and work to improve our lives. Our group also has a private, online community to connect and find support 24/7 between meetings. Meetings are held monthly at 4:30 pm on the Sundays listed below at The Legacy Center in Woodland Hills.

Upcoming dates | February 9, March 8, April 19, May 17, June 14, July 12



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of San Fernando Valley
The Resource on ADHD

[CHADDofSFV.org](https://www.chaddofsfv.org) to learn more about our work, donate, or volunteer
[Meetup.com/CHADD-SFV](https://www.meetup.com/CHADD-SFV) to view and RSVP to upcoming meetings