

Vancouver Adult ADD Support Group

About Us

The Vancouver Adult ADD Support Group is a non-profit adult ADHD support group. It was started by Adult ADHD coach Pete Quily in 2003.

90% of adults with ADHD are undiagnosed and untreated (Monitor on Psychology March 2012 p.70), which often leads to major negative consequences in many areas of one's life. 5% of adults have ADHD.

We focus on the needs of adults with ADHD. Meetings are organized around specific practical topics. We don't cover parenting. We are the only adult ADHD support group in BC.

The Vancouver Adult ADD Support Group offers:

- Peer support
- Opportunities to meet other adults with ADHD to share support and encouragement.
- Discussion sessions with others to share ideas & strategies for dealing with ADHD patterns and habits.

Where

Raven Song Community Health Centre 2450 Ontario Street, Vancouver in the basement. A map is on our webpage.

When

Meetings are on the first Tuesday of every month from 6.30-8.30pm. Please check our webpage to confirm. Cost? Free.

Details of the next meetings and notes of past ones: <https://addcoach4u.com/vancouver-adult-add-support-group/>

Please refrain from using perfume and cologne, some of our members are allergic. Thank you for your consideration.

Contact

To join meeting email reminder list email pete@addcoach4u.com with the subject line "support group email list"
For more information on our group, visit our webpage: <https://addcoach4u.com/vancouver-adult-add-support-group/>

Contact: Pete Quily, Adult ADHD Coach and Vancouver Adult ADD Support Group Leader
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