

### CHILD & YOUTH: BEHAVIORAL (ADHD/ADD/ODD/CD)

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#### COMMUNITY MENTAL HEALTH PROGRAMS

##### **The ADHD Clinic** (Toronto)

**Services:** Provides assessments, psychoeducational groups, individual CBT; ADHD coaching; and Cogmed Working Memory Training™ program to children and adults with ADHD.

**Contact:** 416-304-1779 or fax 416-304-0257

[www.theadhdclinic.ca](http://www.theadhdclinic.ca)

##### **Learning Disabilities Association of Peel Region (LDAPR)**

**Services:** Provides support, guidance and resource information, programs, workshops, support groups, and raises public awareness of learning disabilities.

**Contact:** 905-272-4100

**Email:** [info@ldapr.ca](mailto:info@ldapr.ca)

[www.ldapr.ca](http://www.ldapr.ca)

##### **Associated Youth Services of Peel - AYSP (P)**

**Services:** Offers an MST (Multi-Systemic Therapy) for youth (12-18 years) with a conduct disorder.

**Referral:** EveryMind (WheretoStart)

**Contact:** 905.890.5222 OR 1.800.762.8377 (Toll Free)

**24/7 Crisis Response Service:** 416.410.8615

**Email:** [general@aysp.ca](mailto:general@aysp.ca)

[www.AYSP.ca](http://www.AYSP.ca)

##### **Reconnect Community Health Services (FAME)**

**Service:** Support for families who have a member with any mental illness.

**Contact:** 416-248-2050 (main office Toronto)

**Email:** [contact@reconnect.on.ca](mailto:contact@reconnect.on.ca)

[www.reconnect.on.ca/fame-family-and-caregiver-support-services](http://www.reconnect.on.ca/fame-family-and-caregiver-support-services)

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#### SELF HELP RESOURCES

##### **The Explosive Child: A New Approach to Understanding and parenting Easily Frustrated, Chronically Inflexible Children**

By: Ross. Greene

##### **From Defiance to Cooperation: Real Solutions for Transforming the Angry, Defiant Discouraged Child**

By: John Taylor

##### **How to Talk So Kids Will Listen & Listen So Kids Will Talk**

By: Adele Faber & Elaine Mazlish

##### **The Survival Guide for Kids with ADD or ADHD**

By: John F. Taylor

##### **Smart but Scattered: The Revolutionary “Executive Skills”...**

By: Peg Dawson and Richard Guare

##### **A New Understanding of ADHD in Children and Adults: Executive Function Impairments**

By: Thomas E. Brown

##### **Give your ADD teen a chance: a guide for parents of teenagers with attention deficit disorder**

By: Lynn Weiss

##### **Attitude: Inside the ADHD Mind**

[www.additudemag.com](http://www.additudemag.com)

##### **Child Mind Institute**

<https://childmind.org/>

*Important Note:* The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.