

ADHD Coach CT

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Coaching for Adults with ADHD and Parents of Children with ADHD

- Coaching Offered Via Zoom or In-Person in Farmington, Connecticut
- Free Consultations Available - <https://adhdcoachct.com/consultation/>
- One-On-One Coaching and Group Coaching Options Available - <https://adhdcoachct.com/coaching-packages-with-kim/>
- Sign Up for My Free Newsletter to Stay Informed of Upcoming Coaching Offerings and More - <https://adhdcoachct.com/newsletter-sign-up-form/>

Resources

General

- Additude Magazine - <https://www.additudemag.com/>
- The Disruptors - a great documentary on ADHD that focuses on strengths - <https://disruptorsfilm.com/>

ADHD Organizations

- CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) - <https://chadd.org/for-parents/overview/>
- ADDA (Attention Deficit Disorder Association) - <https://adda.org/>
- ACO (ADHD Coaches Organization) - <https://www.adhdcoaches.org/>

Podcasts

- Patricia Sung - Motherhood in ADHD - <https://www.patriciasung.com/podcast>
- Penny Williams - Beautifully Complex - <https://parentingadhdandautism.com/parenting-adhd-podcast/>
- Additude Magazine - ADHD Experts Podcast - <https://additudemag.libsyn.com/>
- Dr. Hallowell - Distraction - <https://drhallowell.com/meet-dr-hallowell/podcasts/>
- Dr. Ross Greene - <https://livesinthebalance.org/connect/#podcasts>
- Katelyn Mabry - Journey with Me Through ADHD: A Podcast for Kids - <https://podcasts.apple.com/us/podcast/journey-with-me-through-adhd-a-podcast-for-kids/id1529056523>

Books

- The Explosive Child by Ross Greene - <https://drrossgreene.com/the-explosive-child.htm>
- ADHD 2.0 by Ned Hallowell and John Ratey - <https://drhallowell.com/read/books-by-ned/>
- Dr. Russell Barkley - he has a number of books, but he is most known for his "Taking Charge of..." series - <https://www.russellbarkley.org/books.html>
- Why Will No One Play With Me? by Caroline McGuire - <https://carolinemaguireauthor.com/books/why-will-no-one-play-with-me/>
- What Your ADHD Child Wishes You Knew by Sharon Saline - <https://drsharonsaline.com/products/>
- Your Brain's Not Broken by Tamara Rosier - <https://www.tamararosier.com/>
- ADHD is Awesome by Penn and Kim Holderness - <https://theholdernessfamily.com/adhd-is-awesome/>

School Accommodations Resources

- [CHADD Overview of 504 vs. IEP](#)
- Additude Article - <https://www.additudemag.com/iep-vs-504-plan-idea-adhd-disability-education/>
- Additude Webinar - <https://www.additudemag.com/webinar/iep-or-504-plan/>

Other Resources - YouTube and Comics

- Jess McCabe - How to ADHD - https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q
- Dr. Sasha Hamadani - <https://www.youtube.com/@thepsychdoctormd>
- The Holderness Family - not everything is related to ADHD but the videos about living with ADHD and Anxiety are both informative and entertaining - <https://theholdernessfamily.com/>
- Dani Donovan - ADHD Comics - <https://www.adhddd.com/comics/>