

ADHD 101

Building Understanding & Strategies for ADHD

Provincial
Virtual Group
(via Webex)
Ages 18+



3 sessions
Sept. 17 -
Oct. 1, 2026
6-8 pm
(island time)

Week 1: What is
ADHD?

Week 2: When
Everything Feels Too
Much

Week 3: Trouble
Focusing and Getting
Started

Facilitators:
Nicole Sussex OT (R) NL,
Deborah Kean OT (R) NL
& Amanda Moores OT (R)NL

FOR MORE INFO OR TO REGISTER
email

nlgroups@nlhealthservices.ca



**NL Health
Services**