

# ISLAND CLINICAL COUNSELLING

## ADHD Support Groups

### Groups for Children and Youth

ICC offers regular child and youth specific group programming throughout the year. Child therapists provide groups for children and youth that are inclusive. Groups allow children and youth to receive both connection and support. We use creative methods to engage participants and make them feel comfortable. All groups are neurodivergent and diverse ability friendly. Ages are based on your child or youth's developmental age and fit for group rather than just chronological age.

The following groups are offered throughout the year. [Email Hannah](#) to sign up for:

1. ADHD Teen Talk \*Teens\*

Description: Learn, share, and grow with friends as we support one another in learning new coping tools and realizing our infinite strengths and abilities. Explore real challenges that impact us all including stress, bullying, anxiety, depression, and self-harm. Together we will focus on understanding and overcoming diverse challenges through existing strengths, meaningful connections, and memorable experiences.

2. ADHD Kidz \*Ages 7-10\*

Learn, share, and grow with friends as we support one another in learning new coping tools and realizing our infinite strengths and abilities. Develop an understanding of emotions, and their connection to thoughts and behaviours. Learn new ways to engage in more flexible thinking and communicate with others in a positive way. Neurodivergent and Diverse Ability Friendly.

### Groups for Caregivers

We offer a multitude of online Caregiver Support Groups. These are an opportunity for parents to learn from each other under the guidance of a Registered Clinical Counsellor. This space facilitates new learning and also emphasizes to caregivers that they are not alone.

[Email Brittany](#) to sign up for:

- ADHD Caregiver Support Group: Attention Deficit Hyperactivity Disorder is challenging for kids, families, and service providers. Accessing resources for ADHD can be a challenge. Join us in a welcoming and supportive atmosphere for a time of sharing and listening as parents come to encourage and problem solve together. This group is for individuals who have children of any age with ADHD or are on the road to diagnosis.

## **Adult Support Groups**

We offer a few online and in person opportunities throughout the year, such as an OCD support group and an ADHD group for adult clients.

Email [Brittany](#) to sign up for:

- Online Adult ADHD Group: Island Clinical Counselling is offering a monthly drop-in group for adults who have ADHD and those who have ADHD traits. No diagnosis is required. This support group provides the opportunity to connect with others, learn from each other and learn new perspectives under the guidance of a Registered Clinical Counsellor.

## **Fees and Registration**

Child and Youth Groups: \$30 per session; package prices may apply.

Adult and Caregiver Groups: \$40 per session.

Some benefit plans will cover these groups. We can apply for Autism funding for caregiver and child/youth groups.

We can apply to the Variety Charity for funding if your family qualifies.

Registration is easy! Email the clinic at: [info@islandclinicalcounselling.ca](mailto:info@islandclinicalcounselling.ca) or call **(778)762-3750** and Press 0 to speak to intake.