

# Adult AD/HD Support Groups

*ADDA does not endorse or represent the Support Groups listed on the ADDA website. Placement of a Support Group listing on the ADDA website does not represent an endorsement by ADDA, nor does it represent any testimony by ADDA as to the quality of the Support Groups listed. ADDA does reserve the right to accept or reject Support Group listings on the ADDA web site at any time.*

## Alaska

## Arizona

**Ahwatukee** (Phoenix area)  
Jeri Goldstein, LPC, APRN  
Ahwatukee, AZ 85044  
(480) 753-5045

**Glendale** (Phoenix area)  
Robert L. Gurnee, M.S.W.  
The Attention Deficit Disorder  
Clinic

**Scottsdale**  
**ADD Clinic**  
8114 East Catcus Road, Suite 200  
Scottsdale, Arizona 85260  
(480) 424-7200  
Meetings the first Thursday of each  
month at 7:00 PM, Mustang Library,  
10101 N. 90th Street, 7:00 pm

**Scottsdale** (Phoenix area)  
Robert L. Gurnee, M.S.W.  
The Attention Deficit Disorder  
Clinic

**Sedona**  
**ADDA of Sedona**  
Susan G. Salit  
455 Montazona Trail  
Sedona, AZ 86351  
(928) 284-1352

## Arkansas

## Australia

To locate support groups in Australia, please visit the ADDults with ADHD (NSW) Inc Website at [www.add.org.au](http://www.add.org.au)

### West Auckland

ADHD & ASD Support Group

**When: on the third MONDAY** of each month.

Time: 7.30 pm - 9.30 pm (summertime) or 7 pm - 9 pm (winter time)

Where: IGNITE - 184 Lincoln Rd, Henderson

Contact: Sue - Ph: 09 834 9559 or mobile: 027 2144 954, or

email: [taysue@xtra.co.nz](mailto:taysue@xtra.co.nz)

## California

### Fremont

First and Third Monday of every month  
between 7-9 PM

40645 Fremont Blvd., #16

Facilitator: Geri Webster

Phone: (510) 938-0969

Email: [spiritup@aol.com](mailto:spiritup@aol.com)

### Fresno

Fresno California Support Group

Ian Ganahl

[itgnhl@aol.com](mailto:itgnhl@aol.com)

[film\\_writer@hotmail.com](mailto:film_writer@hotmail.com)

### La Mesa

AD/HD and Behavioral Disorder  
Support Group

1st and 3rd Saturday of each

month/4:30pm - 5:45pm

11330 Campo Road, Rm. 410

La Mesa, CA 91941

Tonya Langdon

(619) 660-5000

### Los Angeles

Remodeling Your Life to be AD/HD  
Friendly" Support groups for adults  
with AD/HD

Meet in: West Los Angeles, CA.

Meet every other Monday or Tuesday  
evening for two hours.

Led by Bill Rolfe, PhD

For more information (310) 824-1560

### Los Angeles

SHARE ADD/ADHD Group

5521 Grosvenor Blvd.

Los Angeles, CA 90066

### **Los Angeles**

Free ADHD support group for adults in Los Angeles

For more info contact:

<http://www.meetup.com/ADHD-Adult-Meetup-Group/>

Meeting date/time: first Saturday of the month from 1:30pm to 3pm.

### **Palo Alto**

Kitty Petty

Kitty Petty ADD/LD Institute  
(650) 329-9443

### **Palo Alto**

Bay Area support group for partners of people with AD/HD

Join us for camaraderie and solid information.

Meeting date/time: Meets 2nd Tuesday of the month at 7:30-9:00pm Meeting Location: Friends Meeting House, 957 Colorado Avenue, Palo Alto New Meetinghouse, which is at the back of the property from the street. Facilitator Contact Info: Gina Pera Phone: (208) 445-7115 Email: [Gina@CHADDNorcal.org](mailto:Gina@CHADDNorcal.org)

### **Santa Monica**

Support Group for Adults with ADD/ADHD

For more information please visit: [www.kensingtoncoaching.com](http://www.kensingtoncoaching.com)

### **Palo Alto**

Discussion Group for Adults and Parents of children w/ ADHD (inc. adult children) Meeting date/time: 3rd Wednesday of the month at 7:30-9:39 PM (check 1st to see if we're meeting in June, July, August and December)

### **San Francisco**

Adult ADHD Success Group

Meeting date/time: 1st and 3rd Mondays 7:00-9:00PM

Meeting Location: Kaiser Permanente, 4141 Geary Blvd, Conference Room F3 on the 1st Floor, San Francisco, CA 94118

Coordinator: Rick Webster

Phone: 925-765-2890

Email: [SFCHADD@InfoRealEstate.com](mailto:SFCHADD@InfoRealEstate.com)

### **San Diego**

Adult ADD Support Group

Meets Monday nights from 6:30-8:00 PM in the Clairemont area

Contact: Learning Development Services

(619) 276-6912

## **Santa Rosa**

Adult Support Group for Adults with ADHD

Meeting date/time: The last Wednesday of every month. 7-9 PM

Meeting location: The Quaker Meetinghouse, 1647 Guerneville Rd Santa Rosa, CA

Pauline Laurent - (707)578-4226

Email: [pl Laurent@gutsycoaching.com](mailto:pl Laurent@gutsycoaching.com)

Website:

[www.santarosachaddsupport.org](http://www.santarosachaddsupport.org)

## **Simi Valley/Ventura County**

Attention Deficit Disorder-Support Organization of Simi (ADD-SOS)

Cheri West

Center for Attention Disorders

509 Maron Street, Suite 124 B , C, D

One Thousand Oaks , CA 91360

(805) 527-9414

Fax: (805) 373-8367

## **Walnut Creek**

ADHD Adult Support Group

710 South Broadway, Room 2A

Meetings are the 1st and 3rd Wed.

of the Month from 7-9:00pm;

(925) 687-4324, Donna Love

## **Canada**

### **Ontario**

North Toronto Support Group

[lesley@fullpotential.ca](mailto:lesley@fullpotential.ca) or

[bailcthrn@aol.com](mailto:bailcthrn@aol.com)

Cathy Bailey (905) 773-6353

Lesley Trentadue (905) 895-2908

### **London, Ontario**

Adult ADD Support Group

Meeting Time: Fourth Monday of each month from 6:45 PM - 8:30 PM

Meeting Location: Program Room at the LDAO office located at 205 Oxford Street East, Suite 205

Facilitator: Learning Disabilities

Association of Ontario (LDAO)Phone:

(519) 438-6213 ext. 26,

Email: [ida@linkd.net](mailto:ida@linkd.net)

Website: <http://www.ldalondon.ca/default.asp?id=843>

## **London, Ontario**

### **Adult ADD Support Group**

Meeting Time: Fourth Monday of each month from 6:45 PM - 8:30 PM  
Meeting Location: Program Room at the LDAO office located at 205 Oxford Street East, Suite 205  
Facilitator: Learning Disabilities Association of Ontario (LDAO) Phone: (519) 438-6213 ext. 26  
Email: [ida@linkd.net](mailto:ida@linkd.net)  
Website: <http://www.ldalondon.ca/default.asp?id=843>

## **Vancouver**

### **Adult ADD Support Group**

Meeting Time: TBD  
Meeting Location: TBD  
Facilitator: Pete Quily  
Phone: (604) 263-6997  
Email: [pete@addcoach4u.com](mailto:pete@addcoach4u.com)  
Website: <http://www.addcoach4u.com/adultadd.html>

## **Winnipeg, Manitoba R3G 2W1**

### **Adult ADD Support, Education, and Personal Coaching**

Meeting Place: 617 Erin Street  
Board Room: Learning Disabilities Association of Manitoba Office  
Meeting Time: The first and third Friday of each month at 7PM  
Contact: Michelle Intrepidi  
Phone: (204) 774-1821 Ext. 11  
Email: [ldamanitoba7@mts.net](mailto:ldamanitoba7@mts.net)

## **Colorado**

### **Colorado Springs**

LearningRx Center - Colorado Springs South  
1130 Lake Plaza Drive  
Suite 100  
Colorado Springs, CO 80906

## **Connecticut**

### **East Hampton**

Southeastern Connecticut  
ADD/ADHD Support group for Adults  
Contact Melissa  
@ [mleining@sbcglobal.net](mailto:mleining@sbcglobal.net)

### **Stafford Springs**

Stafford Family Services  
Linda Suleski M.S. MFT  
21 Hyde Park Rd.  
Stafford Springs, CT 06076  
(860) 684-4239 x314

## Florida

### **Boca Raton**

#### **Adult ADD Group**

Leslie Rouder, LCSW  
21463 Cyperus rd Boca Raton  
(561) 706-1274

### **Boca Raton**

LearningRx Center - Boca Raton  
21073 Powerline Road  
Bay 63 - 65  
Boca Raton, FL 33433  
(561)488-6188  
<http://www.learningrx.com/boca-raton>  
[bocaraton.fl@learningrx.net](mailto:bocaraton.fl@learningrx.net)

### **Melbourne / Palm Bay, FL**

Meetings held the last Tuesday of each month from 6:30 – 8:00 PM  
20 S Wickham Rd, 2nd Floor  
Melbourne, FL 32935  
(321) 480-7532  
Email: [South-brevard@chadd.net](mailto:South-brevard@chadd.net)  
Website:  
[www.SouthBrevardChadd.com](http://www.SouthBrevardChadd.com)

### **Sarasota**

**Overcomers Counseling Center**  
Shirl McNabb  
738 Foggy Morn Ln  
Bradenton, FL 34212

### **Fort Lauderdale**

Gary J. Santucci, Ed.S.  
4801 South University Drive,  
Suite 115, Davie, FL 33328  
(954) 474-1119  
Meeting our held the first Monday of every month from 6:30 p.m. - 8:00 pm. There is no cost for the meetings.

### **Miami**

Terry L. Scheinberg, B.S.  
(305) 661-0373

### **Tampa**

**Tampa Bay Adult ADD Support Group**  
Meeting date/time: 1st Tuesday of every other month 6:30 to 8:00 PM  
1325 W. Fletcher Ave & Rome  
Clarise Castro, 813-264-2404

## Tampa

Think Positive, Think ADD ADHD

Meeting date/time: Every other Friday night at 7:00 pm

Facilitator: Jonathan Salem

Website: <http://adultadd.meetup.com/374/>

## Georgia

### Atlanta Area

Coordinator: Maureen Nolan, ACG

ADD Coach and Consultant

(404) 713-0488

Email: [addore@comcast.net](mailto:addore@comcast.net)

Meetings: In person and phone groups for adults with ADD.

Daytime and evening groups.

### Decatur (Atlanta area)

Joan K. Teach, Ph.D.

4105 Breyer Cliff Road, NE

Atlanta, GA 30345

(404) 633-2040

Adult Support Group 7-9PM 1st Tuesday of each month

Women's Support Group 7-9PM 3rd

Tuesday of each month

Call and leave your email address and you will receive monthly announcements of topics as well as special events.

### Northwest Atlanta

Second Wednesday of each month

Parkaire Consultants, Inc.

4939-C Lower Roswell Rd.

Marietta, GA 30068

Facilitator: Daniel Pruitt, PCC, SCAC & Beverly Newman, ACG

Phone: (770) 578-1519

Email: [bbcnewman@comcast.net](mailto:bbcnewman@comcast.net) or

[dpruitt@teamparkairecoaching.com](mailto:dpruitt@teamparkairecoaching.com)

Website: [www.adultaddsupport.org](http://www.adultaddsupport.org)

## Illinois

### Chicago

ADD Partners & Friends

Meeting date/time: Sunday afternoons,

Phone: (773) 935-3500

Website: <http://adultadd.meetup.com/361/>

### Chicago

*Insight on A.D.D. "an educational and supportive group for Adults struggling with AD/HD"*

Laurie Walsh, MSW, LCSW

Insight EAP LLC

(312) 933-5510

## **Chicago**

### **Adding it up in Chicago Attention Deficit Disorder Group**

Meeting date/time: Dates and Times varies-weekday evenings at 7pm

Meeting location: Northwest Side of Chicago

Website: <http://addingitupinchicago.com/smf/index.php>

## **McHenry**

### **Northern Illinois Satellite of CHADD**

Meeting date/time: Monthly meetings for adults, parents and educators in McHenry, IL

Facilitator: Lyn Purpura

Phone: (815) 651-1125

Email: [lyn.chadd@sbcglobal.net](mailto:lyn.chadd@sbcglobal.net)

Website: <http://www.chad.net/109>

## **Warrenville**

### **ADDult Support Group**

Every Tuesday at 7 pm

DePaul University at the BP/Amoco complex

150 Warrenville Road, Naperville, IL

<http://dupageadd.org/>

## **Wheeling**

### **CHADD Adults with ADD Support Group**

Ken Zaretsky, MCC

Lincolnshire Area

(847) 947-1343

## **Indiana**

### **Fort Wayne**

#### **Attention Deficit Support Group For Adults with ADD or ADHD**

1st and 3rd Thursdays 7:00pm

for meeting location please call either

Facilitator: Dave Leff (260) 413-6463

or Doug Brouwer (260) 672-3072

### **Indianapolis**

#### **Adults with AD/HD**

Meeting Date: 2<sup>nd</sup> & 4th Tuesday of each month, Meeting Location:

Room E213, St. Luke's United Methodist Church, 100 W. 86th

Street Lisa Boester

Email: [lisa@artoflifeindy.com](mailto:lisa@artoflifeindy.com)

(317) 879-6457

## **Iowa**

### **Cedar Rapids**

Iowa [Adult ADD Support Group](#) meets the first Tuesday of each Month 7-9pm.

[Patrick Hurley](#)

136 36th St. Dr. SE #A-3

Cedar Rapids, Iowa

(319)362-1031

### **Iowa City**

Iowa [Adult ADD Support Group](#) meets the 3rd Tuesday of each Month 7-9pm except December.

[Patrick Hurley](#)

136 36th St. Dr. SE #A-3

Cedar Rapids, Iowa

(319) 362-1031

## **Kansas**

### **Wichita**

Adult ADD/ADHD Support Group

Jill Lokke

Michael Baker

(316) 201-6022

## **Louisiana**

### **Baton Rouge**

Louisiana Capital Area CHADD

Organizers are interested in relaunching a monthly support group for adults with ADHD. If you are interested in participating in this group please

contact: Belynda Gauthier

P.O. Box 1121, Baton Rouge, LA 70821-1121

Email: [lacachadd@hotmail.com](mailto:lacachadd@hotmail.com)

Phone: (225) 261-0613

Website: [www.lacachadd.org](http://www.lacachadd.org)

## **Maine**

## **Maryland**

### **Anne Arundel County**

CHADD-Sponsored Support Group for Adults with AD/HD

Kerch McConlogue, CPCC

Meetings: 3rd Wednesday of each month 7 - 9 pm Downstairs at St Christopher's Episcopal Church, 116 Marydell Rd., Linthicum Heights, MD 21090.

Full directions and more information

<http://chadd-mc.org/cgi-bin/schedule.pl>

### **Baltimore County**

CHADD-Sponsored Support Group for Adults with AD/HD

Kerch McConlogue, CPCC

1st Wednesday of each month except June, July, August

Regular speaker meeting begins at 7:30 pm Support group 8:30 - 9:30 pm at Loyola College

Graduate Center in Timonium, MD <http://chadd-mc.org/cgi-bin/schedule.pl>

## **Germantown**

### **Living and Loving with AD/HD**

18805 Sparkling Water Drive #303

Facilitator: Sherry Clarke, MA, LCMFT

Phone: (301) 515-1321

Email: [spclarkemft@verizon.net](mailto:spclarkemft@verizon.net)

Website: [www.sclifecoaching.com](http://www.sclifecoaching.com)

## **Talbot County**

### **The Learning Connections sponsored support group for Women with ADD**

Last Thursday of each month  
except June, July, August

Noon - 1:30 PM (bring lunch) at  
Easton Visitor Center

11 S. Harrison Street, Easton,  
MD [www.tourtalbot.org](http://www.tourtalbot.org)

Contact: [Beverly@thelearningconnections.net](mailto:Beverly@thelearningconnections.net) (410) 763-7097

## **Massachusetts**

### **Andover**

#### **Adult ADD Support Group**

Hallowell Center

142 N. Rd Sudbury MA 01776

(978) 287-0810

### **Andover**

#### **ADD to Life Support Group**

Tuesday evenings 7:30-9:00 pm

*First Tuesday: Adults with ADD*

*Second Tuesday: Parents of  
Children with ADD, Third*

*Tuesday: My Spouse has ADD*

Kismet Wellness Center

204 Andover St., 2<sup>nd</sup> floor

Andover, MA (978) 409-0013

Email:

[diane@addtolifecoaching.cpm](mailto:diane@addtolifecoaching.cpm)

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

### **Holyoke**

#### **Support Group for Women with ADD**

Third Monday of the Month

Holyoke Soldiers' Home

Kathy 413-593-6056

### **Hingham**

#### **ADD Adult Support Group**

Meeting date/time: 4th

Wednesday of each month; 7-  
8:45 PM

Meeting location: Hingham Public  
Library (Fearing Room), Route

228 & Leavitt Street

(781) 545-7473

Email: [daleyn@verizon.net](mailto:daleyn@verizon.net)

## **Lexington**

### **Support Group for Women with ADD**

Meets twice per month, usually

Tuesday nights

Time: 6:00 – 7:30 pm

Contact: Heidi Lack, Ph.D., A.T.R.BC

Phone: 781-863-8696

## **Newton**

### **Support Group for Adults with ADD**

Newton-Wellesley Hospital

Meets every 1st and 3rd Wednesday at

7:00 Contact: John Howe

(508) 353-8348

## **Saugus**

### **North of Boston (NOB) Adult ADHD Support Group**

Meeting date/time: Every 3rd

Thursday of the month. 7-9 PM

Meeting location: Paneras in Saugus,

647 Broadway, Saugus, MA 01906

Facilitator: Ose Schwab

(781) 480-3214

Email: [info@potentiavita.com](mailto:info@potentiavita.com)

<http://groups.google.com/group/nobsupport>

## **Sudbury**

### **Adult ADD/ADHD Skill-Based Support Group**

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

Come celebrate the gift of ADD/ADHD while tuning into some of the aspects that make it a challenging gift to unwrap. This group will meet for 6 sessions **every other** Tuesday evening starting March 17- May 26, 2009 from 7:00-8:30 p.m. Light refreshments will be provided. The cost is \$50 per person per session.

## **Newburyport**

### **AD/HD skill-based support group**

We meet every other Saturday

3:00 - 4:30pm

Location: Newburyport location.

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

Harborside Counseling Services

143 State Street, Newburyport

MA 01950 978-462-1780

## **Plymouth**

### **Adult ADD Support Group**

Tara McGillicuddy

## **Newburyport**

Rebecca Shafir M.A.CCC

Harborside Counseling Services

143 State Street

Newburyport MA 01950

meet every other Saturday

3:00-4:30pm

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

(978) 462 1780

## Michigan

### Holland

#### FOCUS +

Advocacy, Education and Support for adults challenged by AD/HD

Meeting date/time: 2nd Tuesday of each month from 6:30-8:30 PM

Meeting location: Christ Memorial Church

595 Graafschap Rd., Holland, MI 49423

Facilitator: Ruth Evenhouse

Phone: (616) 392-4381

Email: [revenhouse@hotmail.com](mailto:revenhouse@hotmail.com)

Website: [www.focusplus.org](http://www.focusplus.org)

## Minnesota

### Minneapolis

#### AD/HD Adult Support Group

Meeting date/time: Last Thursday of each month (except December)

Meeting Location: Dunwoody Institute

7:30 pm Contact: [chaddtc@chadd.net](mailto:chaddtc@chadd.net)

### Minneapolis

Joanne Search, M.A., Gary Johnson, Ph.D. ADD Group, Loring Family Clinic (612) 872-9072

### Minneapolis

#### ADHD Adult Support Group

Meeting date/time: Thursday, 10am until 12pm and Thursday's at 7:00pm until 9:30pm.

Meeting location: LDA Minnesota

6100 Golden Valley Road

Golden Valley, MN 55422

Facilitator: Steven Peer

RSVP (952) 582-6000 or

[KL@ldaminnesota.org](mailto:KL@ldaminnesota.org)

[www.ldaminnesota.org](http://www.ldaminnesota.org)

### Lake Elmo

#### Adult AD/HD Support Group

Meeting Time: First and third Monday of each month (call for Summer schedule); 6:30 PM - 8:00 PM

Meeting Location: Illuminate, 8615 Eagle Point Blvd., Lake Elmo, MN 55042

Facilitator: Sharon Blossom

Phone: (651) 264-0444

Email: [illuminateadhd@hotmail.com](mailto:illuminateadhd@hotmail.com)

#### ADHD Parent Support Group

Meeting date/time: 4th Monday of every month

Meeting Location for both:

Learning Disabilities Association of Minnesota (LDA)

5354 Parkdale Drive, Suite 200

Minneapolis, MN 55416

ADHD Adult Support Group for Spouses/Partners of adults with ADHD

**Meeting date/time:** Tuesday, 12pm until 2pm. **Meeting**

**location:** LDA Minnesota 6100 Golden Valley Road Golden Valley, MN 55422 RSVP (952) 582-6000 or [www.ldaminnesota.org](http://www.ldaminnesota.org)

## New Hampshire

### Portsmouth

#### Adult AD/HD Support Group

Meeting Date: 3rd Wednesday of each month

Meeting Location: Foundation for Seacoast Health Community Campus

Facilitator: Robin Bellantone, BFA, MA, LCMHC

Phone: (603) 828-5852

Email: Robin at [liminal1@comcast.net](mailto:liminal1@comcast.net)

## New Jersey

### Summit/Union County

Christine Robertello

Susan Quinzel

Stepping Forward Counseling Center

18 Bank Street , Summit NJ

(908) 277-1727

### CHADD Support Group in New Jersey

Linda Karanzalis

[advantages@aol.com](mailto:advantages@aol.com)

Free monthly meetings

### Voorhees/Camden County

#### ADDventure- Adult ADD Support Group

Second Tuesday of each month;

7:30 PM - 9:00 PM, Meeting

Location: Virtua Hospital, Barry D.

Brown Health – Education Center

in Voorhees, (856) 596-5520

[info@addventureforadults.org](mailto:info@addventureforadults.org)

## New Mexico

## New York

### Briarcliff

Paul Jaffe, Coordinator

#### Manhattan Adult Attention Deficit Disorder Support Group

P. O. Box 9196

Briarcliff, NY 10510

(845) 278-3022

[MAADDSG@aol.com](mailto:MAADDSG@aol.com)

### Lancaster

#### Adult AD/HD of WNY Support Group

Meeting Date: Monthly, contact for details

Meeting Location: 31 Colonial Avenue, Lancaster, NY

Facilitator: Roseann Egan

[www.maaddsg.org](http://www.maaddsg.org)

### **Manhattan**

Manhattan Adult Attention Deficit Disorder Support Group

Coordinator: Paul Jaffe

Phone: (845) 278-3022

E-Mail: [MAADDSG@aol.com](mailto:MAADDSG@aol.com)

Web site: [www.maaddsg.org](http://www.maaddsg.org)

Meetings: Monthly from 6:00 PM - 9:00 PM. Support and discussion held at the West End Collegiate Church located at 245 West 77th Street. Presentations by guest speakers held at the Seafarers & International House located at 123 East 15th Street.

### **Oswego**

FADD Inc. (Families with Attention Deficit Disorder and Other Emotional Disabilities)

Meeting Place: FADD Inc

98 East Bridge Street

Oswego, NY 13126

Meeting time: 3rd Thursday of the month from 7:00 – 9:00 pm

Contact: Peggy Cuyler-Salem

Phone: (315) 216-6425

Fax: (315) 216-4240

Website: [www.faddhouse.com](http://www.faddhouse.com)

### **Suffolk County**

CHADD of Suffolk County

P.O. Box 414

Centereach, NY 11720

[www.chadd.net/160](http://www.chadd.net/160)

Membership questions, email:

[LTibett@polyrnd.com](mailto:LTibett@polyrnd.com)

Muscarella

Phone: (716) 684-7142

Email: [cookierose@gmail.com](mailto:cookierose@gmail.com)

### **Nassau County**

CHADD of Nassau County Support Group

Meeting Time: Once per month on scheduled Mondays

Meeting Location: East Meadow Jewish Center, 1400 Prospect Ave

Facilitators: Steven Aletkin, PhD, Rod Marden, PhD, Alissa Barosin, PhD, Nancy Koff, MS

(516) 932-0903

Email: [nassau-county@chadd.org](mailto:nassau-county@chadd.org)

### **Rochester**

Greater Rochester Attention Deficit Disorder Association

Meeting Time: Contact for meeting times

Meeting Location: Rochesterj Rehabilitation Center, 1000

Elmwood Ave, Door #5 (corner of South Ave

Facilitator: Bill Sydney

Phone: (585) 263-3323

Email: [gradda@gradda.com](mailto:gradda@gradda.com)

Website: [www.gradda.com](http://www.gradda.com)

### **Westchester County**

Westchester Adult ADHD Support Group

Dennis C. During

[dcduring@gmail.com](mailto:dcduring@gmail.com)

Website: <http://groups.google.com/group/WestchesterNY-Adult-ADHD>

## North Carolina

### Durham-Chapel Hill

#### Adult AD/HD Support Group

Meeting Date: In person 2nd Tuesday of each month, 7-9 PM

Meeting Location: Garden Spirit

Guesthouse in Durham, NC

Facilitator: Linda Roggli, ACC, Certified Life Coach

(919) 309-9300

Email: [Linda@addiva.net](mailto:Linda@addiva.net)

More details available

at: <http://adultadd.meetup.com/71/>

### Raleigh

#### Women's Group

Meeting date/time: 1st Monday of each month/1pm- 2:30 pm

Meeting location: 3700 National Drive Conference Rm. 104

Raleigh, NC 27612

Facilitator: Irene Kennedy  
(919) 571-2671

## Ohio

### Akron/Cleveland

#### Michael Romaniuk, Ph.D.

Adult Attention Deficit Support Group

#### Akron General Medical Center

400 Wabash Avenue

Akron, Ohio 44307

(330) 344-7602

### Columbus

#### Adult ADD Support Group

Type of Support:

Informational/Discussion

Target Audience: Adults with ADD

Michael Adler

### Westlake

#### Adult ADD Support Group

Type of Support:

Informational/Discussion

Target Audience: Adults with ADD

kubikja@bridgetosuccess.net (Joyce

Kubik, ADHD Coach & Skills Trainer)

## Oklahoma

### Tulsa

#### AD/HD Support Group

Meeting Time: Third Thursday of each month at 6:30 PM

Meeting Location: 6130 East 32nd Street, Suite 101

Facilitator: Debra Bryan, MS, LPC, NBCCH

Phone: (918) 734-4335

Email: [tulsa.psych@cox.net](mailto:tulsa.psych@cox.net)

Website: [www.debbiebryan/ADHD.html](http://www.debbiebryan/ADHD.html)

## Oregon

### Corvallis

Lorna M. Huddleston, M.A.

Adult A.D.D.

39300 NW Withmhill Dr. M118 Covallis, OR 97330

(541) 754-3830

## Pennsylvania

### Philadelphia

Susan Sussman, M.Ed.

Hahnemann Hospital Adult A.D.D.

Support Group

2141 Birch Dr. Levithill, PA

(610) 825-8572

### Pittsburgh

#### ADD College Issues Support Group

Last Thursday of each month,  
6:00PM,

Western Psychiatric Institute and  
Clinic (WPIC), 2nd Floor

Classrooms

Facilitator: Elaine Gray Gorr, Ph.D

Phone: (412) 341-2000

### West Chester

#### Adult ADD Support Group

Chester County CHADD

Coordinators: Kathy Adams-House  
and Joanie Polka, PhD

Phone: (610) 429-4060

Website:

[www.chestercountychadd.org](http://www.chestercountychadd.org)

Meetings: 2nd Tuesday of each month

at 7:00 PM (unless changes required due to holy days) at the Keshet Israel Congregation located at 1000 Pottstown Pike.

## Rhode Island

### Providence

Austin Donnelly, M.Ed.

Rhode Island ADDult Support Group

[www.riaddults.org](http://www.riaddults.org)

83 King Philip Rd, Narragansett RI 02882  
(401) 782-4286 (Hotline)

## South Carolina

## Tennessee

### Brentwood (Nashville Area)

Adult ADD Support Group

(ADDNashville)

Meets on Mondays weekly 6:30-8:00 PM  
at the Brentwood United Methodist  
Church, Terry Huff, LCSW  
(615) 627-4191

### Chattanooga

ADHD Support Group

Meets the 2nd Tuesday (Sept –  
Nov & Jan – May) each month

Location: Hickory Valley Christian  
School

Address: 6605 Shallowford Rd,  
Chattanooga TN 37421

Contact: Pamper Garner Crangle

Phone: (423) 886-6417

Email: [pamperg@comcast.net](mailto:pamperg@comcast.net)

## Texas

### Austin

Support Group for Adults with  
ADD/ADHD

Coordinator: Veronica Cobb

Phone: (512) 919-4330.

Website: <http://www.meetup.com/AustinADD-ADHD-SupportGroup>

### Austin

Support Group for Women with  
ADD/ADHD

Coordinator: Veronica Cobb

Meetings are held on the 2nd  
Thursdays of each month at Austin

Diner 5408 Burnet Rd, Austin, TX

Phone: (512) 919-4330 or (512)  
784-6616

Website: <http://www.meetup.com/ADD-ADHD-SelfCoachingGroup>

## **Dallas**

ADD Adult Support Group of Dallas  
ADDA-Southern Region

Coordinator: Cyndi Sweet

Phone: (972) 664-0035

Web site: <http://www.adda-sr.org/Chapterinfo/dallasadults.htm>

Meetings: 2nd & 4th Thursday of each month at 7:00-9:00 PM at the Dallas Presbyterian Hospital located at 8200 Walnut Hill.

## **Livingston**

Recovery International

Meets Thursdays at 2:00 PM

Location: Burke Center Conference Room

Address: 1100 Ogletree Dr,  
Livingston TX 77351

Contact: Sandra Stackhouse  
(936) 967-0177

Email: [recovery.ltx@gmail.com](mailto:recovery.ltx@gmail.com)

## **United Kingdom**

### **Leigh-on-Sea, Essex**

ADHD United

Meeting Place: The St. Christopher School

Meeting Time: Coffee mornings held on the third Tuesday of every month (except August)

Contact: [adhdunited@yahoo.co.uk](mailto:adhdunited@yahoo.co.uk)

Phone: 07982 462097 (24 hour answering phone)

## **Utah**

## **Virginia**

### **Arlington**

Potomac of Virginia—ADD Adults

Linda Earl

(703) 536-6846

Maggie Baker

(703) 979-0820

## Washington

### Bellingham

Adult A.D.D. Association  
PMB640, 1225 E. Sunset Drive 145  
Bellingham WA 98226  
(360) 647-6681  
[poast@prodigy.net](mailto:poast@prodigy.net)  
[www.healthsupportcenter.org/aadda](http://www.healthsupportcenter.org/aadda)

### Tacoma

ADDult Support of WA for Adults  
with ADD - Kathy Engle, ADD  
Resources  
223 Tacoma Ave S.  
Tacoma, WA 98402  
(253)759-5085  
[office@addresources.org](mailto:office@addresources.org)

## Wisconsin

### Howard/Suamico (Green Bay Area)

AD/HD Support Group  
Meeting Time: Second Wednesday of each month at 7:00 PM  
Meeting Location: BayPort High School, Forum Room, 2710 Lineville Road  
Facilitator: Lisa Legois  
Phone: N/A  
Email: [legois@sbcglobal.net](mailto:legois@sbcglobal.net)

### Madison

CHADD Support Group for Adults with ADD/ ADHD!  
Supportive Partners & Family Members are welcome to attend.  
Unfortunately, childcare is not available at this location.

The group meets from 7-9:00pm the first Monday of each month.

Meeting Location: Edgewood College, Predolin Hall, Room 118  
1000 Edgewood College Dr. Madison, Wisconsin

\*This is a free group open to Adults with ADD/ADHD. For further information, call Debbie Rowley at (608) 230-6178 or email [drowley@wisc.edu](mailto:drowley@wisc.edu)