

### **ADHD Resource**

CanLearn: <https://www.canlearnsociety.ca/>

- Unlock learning potential and manage mental health
  - Information on ADHD and autism
  - ADHD groups and coaching
- Check out their website

### **Autism Resource**

Ability Hub: [https://sinneavefoundation.org/sinneave\\_work\\_item/the-ability-hub/](https://sinneavefoundation.org/sinneave_work_item/the-ability-hub/)

- Help with education, employment and housing after High School.