

Community Education Service



Improving emotional health and wellbeing

ADHD is Awesome!

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ADHD is often thought of in terms of its symptoms and associated problems. Unfortunately, a deficit-based approach, focusing on what is wrong, can be very impairing for children and their families. However, there are so many positive qualities of ADHD that need to be celebrated! In this session, you will learn about what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success.

October 21, 2025
2:00 PM – 3:30 PM

[Click here to register](#)

FREE

[online event](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#), [Calgary Board of Education](#) and [Koru Family Psychology](#).