

**GET REAL, GET INFORMED and  
SHARE THE MESSAGE**



**OCTOBER IS  
ADHD  
AWARENESS  
MONTH**

**Learn. Understand. Inspire.**

**ADHD is not a choice. It is not something that  
can just go away, no matter how hard you try!**

**Learn more about the disorder and how those  
with ADHD can be successful.**

Find out more about ADHD at [www.caddac.ca](http://www.caddac.ca)

