

# ADHD & ASPERGER'S CENTER

## ADHD & ASPERGER'S SERVICES

*HARNESS YOUR SUPERPOWERS!*

- One-on-one Therapy & Coaching
- Support & Therapy Groups
- Relationship & Family Counselling
- Texting Support Plans
- Membership Site & Products
- Naturopath Supervised Nutrition Support
- Diagnosis & Medication Referrals
- Phone Coaching & Counselling
- Tutoring
- Psycho-educational Assessments

The ADHD & Asperger's Centre

55 Cork St. E., Unit 805

Downtown Guelph, Ontario

Contact@ADHDInterrupted.com

f e @ADHDInterrupted

519-830-1423

www.ADHDInterrupted.com



## ADULT GROUPS!!

Every Thursday from 7:00 PM to 8:00 PM

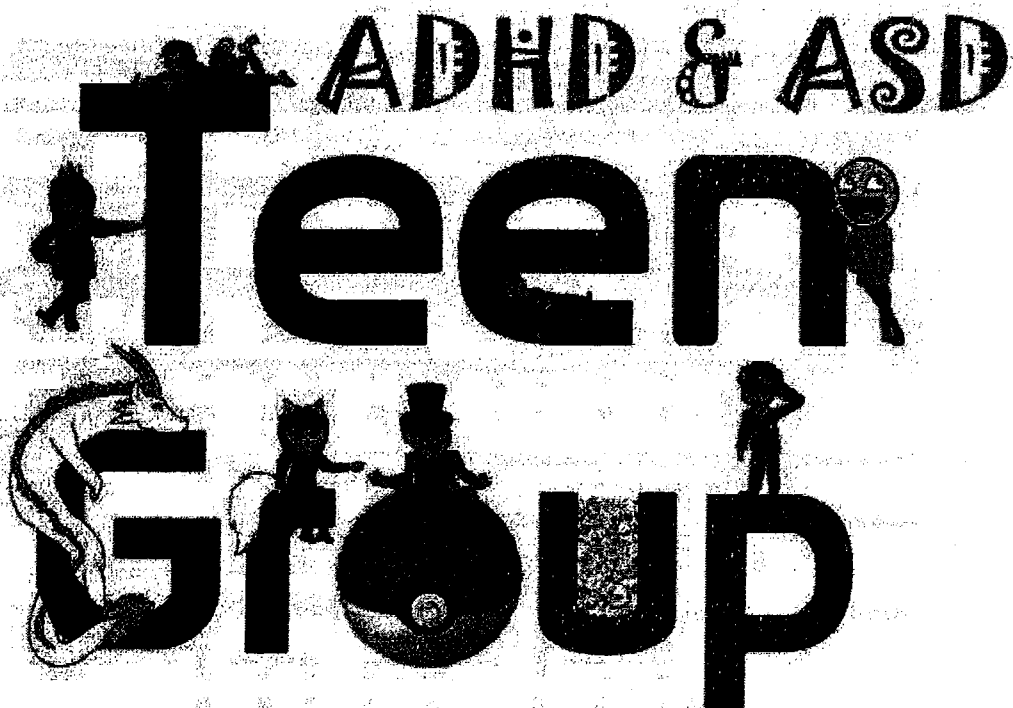
Drop-ins welcome!

Free sessions offered!

## Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Patient Name	Today's Date					
Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.		Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?						
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?						
3. How often do you have problems remembering appointments or obligations?						
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?						
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?						
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?						
<b>Part A</b>						
7. How often do you make careless mistakes when you have to work on a boring or difficult project?						
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?						
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?						
10. How often do you misplace or have difficulty finding things at home or at work?						
11. How often are you distracted by activity or noise around you?						
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?						
13. How often do you feel restless or fidgety?						
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?						
15. How often do you find yourself talking too much when you are in social situations?						
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?						
17. How often do you have difficulty waiting your turn in situations when turn taking is required?						
18. How often do you interrupt others when they are busy?						
<b>Part B</b>						

# ADHD & ASD Teen Group



**FIND PEOPLE YOU DON'T HATE!  
MAKE FRIENDS & LEARN SOCIAL  
TRICKS TO KEEP YOUR CHILL!  
FOR YOUTH 13-16 YRS OLD**

## **What?**

Learn social tricks, make new friends, and have fun while playing games, having laughs, and discovering new parts of yourself! Get out of the house and into connection!

## **When?**

**5 Sessions, new groups start every few months!**  
Check [www.ADHDInterrupted.com](http://www.ADHDInterrupted.com) for dates!

## **Where?**

@ The ADHD & Asperger's/ASD Centre,  
55 Cork St., E., Unit 305, Guelph, ON

## **Cost?**

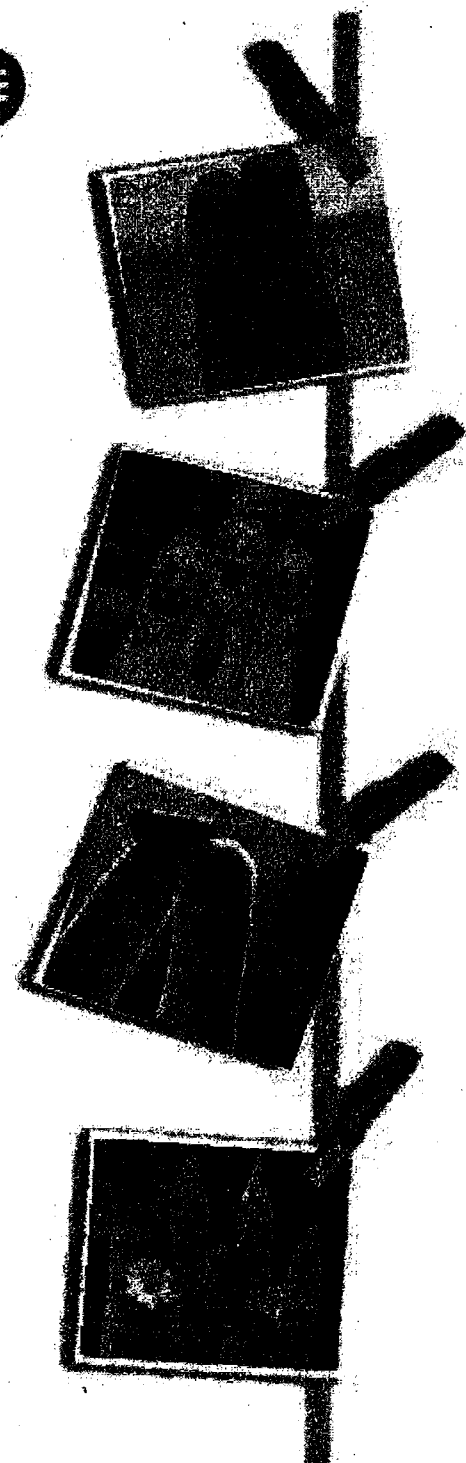
124 +tx for all 5 sessions for 1 teen  
209 +tx for all 5 sessions for 2 teens  
29 +tx for 1 two-hour session

**Sign Up Here!**

(519) 830-1423

Contact: [ADHDInterrupted.com](http://ADHDInterrupted.com)

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



ADHD & ASD Centre  
Group: 1<sup>st</sup> Thurs. 6-7pm  
(519)830-1423 x201  
55 Cork St. E. Unit 305



### 324. SOMETHING YOU ALWAYS WANTED TO ASK

Children ask questions all the time. Often they ask questions we have never thought of, and we learn something new in the process. Today, ask a question you always wanted to know the answer to – you might be surprised at the answer.



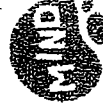
### 325. DO ONE THING DIFFERENTLY

Routines and habits are comfortable and often desired. So challenge yourself once in a while. Change one thing. It might be big or small, related to movement, food, yourself, or the people you care about. Doing that one thing differently will stimulate your brain in new ways.



### 326. BOOK A DATE WITH YOURSELF

Think for a minute about the time and effort we put into treating the object of our affection when we go on a date, and how good that feels – for both parties! So why not extend that to yourself? Plan to take some time just for you – treat yourself to a movie, a glass of wine, a massage, or a walk. Or simply do something silly when you're home alone and no one is watching. Make it count for you!

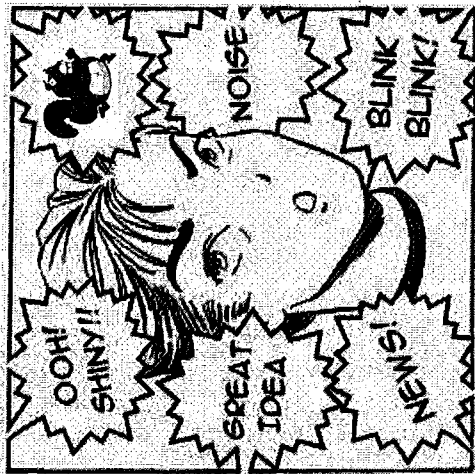


### 327. ORGANIZE YOUR CLOSET IN FIVE MINUTES

Set a timer for five minutes and see how many items you can pull together in your closet to make it easier to find what you need. In this time, can you hang all your tops/shirts together in a group, line your shoes together in pairs, or remove any old plastic wrap and wire hangers from the rail? You can accomplish a lot in five minutes, and your next encounter with your closet will be quicker and more satisfying. **Caroline**

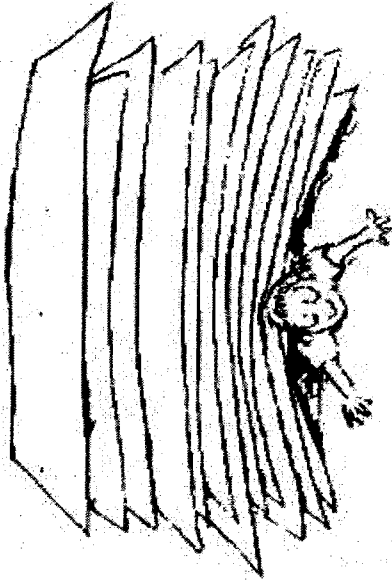
# GO# ADHD?

# ...So do we!!



## Adult ADHD Support Group

*Learn to organize, prioritize and decrease your stress levels while meshing with like minds. Meets every month!*



*Just Drop In!*

(519) 830 - 1423

Contact@ADHDInterrupted.com  
www.ADHDInterrupted.com



## 1st Thursdays 6:00 - 7:00 PM

*Directions*

The ADHD & Asperger's/ASD Centre  
55 Cork St., E., Unit 305

- Downtown Guelph -

\*\*No diagnosis necessary\*\*

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