Neurodiversity Resources

These resources are only starting points. Dyslexia, for example, is only one recognized Specific Learning Disorder, involving reading. There are others involving math (Dyscalculia) and written expression (Dysgraphia). ADHD can co-exist with learning disorders, anxiety and other challenges. Learning Disorders can be co-existent with other medical issues, such as Sensory Processing Disorder, Autism Spectrum Disorder, as can Executive Function Disorder. And so the resources the Network lists for one condition are often valuable for investigating the others as well. You may also find relevant information on our General Organizing and Hoarding Disorder Resources pages. These referrals are not an endorsement or recommendation of any particular product, methodology or provider and are not intended to provide any diagnosis or treatment recommendations. And the Network offers its appreciation to the Institute for Challenging Disorganization and the National Association of Productivity and Organizing Professionals for this compilation as well: many of these references come from those establishments.
ADD/ADHD: International and National

ADDA - Attention Deficit Disorder Association

ADHD Coaches Organization

ADDitude magazine

www.adhdpalooza.com Annual Online Conferences on ADHD for Women and Parents

Bio-Behavioral Institute
935 Northern Blvd. ~ Suite 102, Great Neck, NY 11021
516-487-7116

CADDRA- Canadian ADHD Resource Alliance
366 Adelaide St E, Suite 221
Toronto, ON M5A 3X9, Canada

CHADD - The National Resource Center on ADHD
4601 Presidents Drive, Suite 300
Lanham, MD 20706
Toll-free: 800-233-4050
301-306-7070
FAX: 301-306-7090

Child Mind Institute
445 Park Avenue
New York, NY 10022
212-308-3118

Clutterers Anonymous

Disability Scoop magazine

The Holderness Family - Comedy

International OCD Foundation: Hoarding

Institute for Challenging Disorganization
International Pages
2650 S. Hanley Rd, Suite 100
St. Louis, MO 63144
314-416-2236
Job Accommodation Network
Voice: 800-526-7234
TTY: 877-781-9403
www.askjan.org

Learning Disabilities Association of America
4156 Library Road
Pittsburgh, PA 15234-1349
412-341-1515
FAX: 412-344-0224

National Assistive Technology Act Assistance and Training (AT3) Center

National Association of Productivity and Organizing Professionals (NAPO)
1120 Rt 73, Suite 200
Mount Laurel, NJ 08054
856-380-6828
FAX: 856-439-0525

National Center for Learning Disabilities
32 Laight Street, Second Floor
New York, NY 10013
info@ncld.org

Professional Association of ADHD Coaches

Strategic Coach - recommended by Edward Hallowell

The ARC - "Advocacy and Innovation. For and with people with developmental disabilities."
1825 K Street, NW, Suite 1200
Washington, DC 20006
(800) 433-5255

TotallyADD
Big Brain Productions Inc.
PO Box 33598 Dundurn RPO
Hamilton, ON, Canada. L8P 4X4
www.totallyadd.com

Understood.org

Wrightslaw
www.wrightslaw.com

Books
ADD-Friendly Ways to Organize Your Life by Judith Kolberg and Dr. Kathleen Nadeau

Driven to Distraction by Edward M. Hallowell, M.D. and John J. Ratey, M.D.

Delivered from Distraction and Answers to Distraction are companion works to Driven

The ICD Guide to Challenging Disorganization For Professional Organizers

The ICD Guide to Collaborating with Professional Organizers For Related Professionals

More Attention, Less Deficit: Success Strategies for Adults with ADHD by Ari Tuckman

Women with Attention Deficit Disorder by Sari Solden

You Mean I'm Not Lazy, Stupid or Crazy?! by Kate Kelly and Peggy Ramundo

Grateful thanks to Cindy Jobs for the next three suggestions!

Brendan Mahen, ADHD Essentials, podcasts

https://www.adhdrewired.com/podcast/

Jessica McCabe, How to ADHD, YouTube

Puget Sound Region

ADD Center of Bellevue
2000 116th Avenue NE, Suite 6
Bellevue, WA 98004
425-454-8684

**Brooks Powers Group** - evaluation services
1200 Westlake Avenue North #810
Seattle, WA 98109
206-801-1139

**Dr. Daniela Costea**
7981 168th Avenue NE, Suite 222
Redmond, WA 98052
425-610-9919
danacos@hotmail.com
[www.drdanielacostea.com](http://www.drdanielacostea.com)

**Hallowell Todaro Center** - evaluation and therapy service
5502 34th Avenue NE
Seattle, WA 98105
206-420-7345

Dr. Janis T. Horike
1750 112th Avenue NE, Suite B214
Bellevue, WA 98004
425-452-0306

**Institute for Challenging Disorganization (ICD)**

**Cindy Jobs**
Cindy Jobs Coaching and Organizing
206-707-3458
cindy@cindyjobs.com
[www.cindyjobs.com](http://www.cindyjobs.com)

**Kindering** - Pediatric evaluation and therapy services

Yafa Luria, **Blocked to Brilliant** - Pediatric and family ADD coach

**Mosaic Children's Services**

**Seattle Area Chapter National Association of Productivity and Organizing Professionals (NAPO)**

Dr. Jane Turnbull
2731 Wetmore Avenue, Suite 208-A
Everett, WA 98201
206-445-8784
dr.janeturnbull@gmail.com
www.janeturnbulltherapy.com

**WATAP (Washington Assistive Technology Act Program)**
University of Washington
UW Box 354237
Seattle, WA 98195-4237
(800) 214-8731 Toll-Free Hotline
(866) 866-0162 Toll-Free TTY
(206) 543-4779 Local Fax
watap@uw.edu

**Dr. Timothy Weber**
1300 114th Avenue SE
Bellevue, WA  98004
Madrona Building, Suite 104
425-453-7999
timwebertt@yahoo.com
www.drtimothyweber.com
Dyslexia: International and National

**American Speech-Language-Hearing Association**
Members: 800-498-2071
Non-Member: 800-638-8255
www.asha.org

**Davis Dyslexia Association International**
1601 Bayshore Ave. Suite 260
Burlingame, CA 94010
Local: 1-650-692-7141
Toll-Free in U.S. & Canada:
1-888-999-3324 [1-888-999-DDAI] (Order books & materials)
1-888-805-7216 (Workshops, training & licensing)
Fax: 1-650-692-7075
www.dyslexia.com

**Dyslexic Advantage**

**Dyslexia Help**
www.dyslexiahelp.umich.edu

**International Dyslexia Association**
40 York Road, 4th Floor
Baltimore, MD 21204
410-296-0232
FAX: 410-321-5069

**Neuhaus Education Center**
4433 Bissonnet Street
Bellaire, Texas 77401
Tel: 713-664-7676
Fax: 713-664-4744
www.neuhaus.org

**The Reading Well**

**The Whole Dyslexic Society**
North Vancouver, British Columbia, Canada
info@thewds.org
Phone: 604.614.4958
Messages: 604.982.0092
www.thewds.org

**Wrightslaw**
www.wrightslaw.com
Books

*Seeing What Others Cannot See: The Hidden Advantages of Visual Thinkers and Differently Wired Brains* by Thomas G. West

*The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain* by Brock L. Eide

*The Gift of Dyslexia: Why Some of the Smartest People Can’t Read...and How They Can* by Ron Davis

*Upside-Down Brilliance: The Visual-Spatial Learner* by Linda Kreger Silverman

2e Seattle

Decoding Dyslexia Washington

Hamlin Robinson School
1701 20th Avenue South
Seattle, WA 98144
206-763-1167
www.hamlinrobinson.org

WA Branch International Dyslexia Association
PO Box 27435
WA Dyslexia Resource Guide, WA State Office of Superintendent of Public Instruction
Executive Function Disorder: International and National

American Speech-Language-Hearing Association
Members: 800-498-2071
Non-Member: 800-638-8255
www.asha.org

Child Mind Institute
101 East 56th Street
New York, NY 10022
212-308-3118
www.childmind.org

Edutopia.org

Simms/Mann Institute

SocialThinking.com

Wrightslaw
www.wrightslaw.com

Puget Sound

The How Skills - executive functioning skills training
hello@thehowskills.com
206-395-5210
www.thehowskills.com

Books

Color to Declutter by Jean Prominski

The Organized Student by Donna Goldberg and Jennifer Zwiebel

The Sensory Child Gets Organized by Carolyn Dalgleish
The *Smart but Scattered* series by Peg Dawson and Richard Guare

*Helping Students Take Control of Everyday Executive Functions* by Paula Moraine

*Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook* by Ari Tuckman
General Mental Health Resources

American Institute of Stress (AIS)

Anxiety and Depression Association of America (ADAA)

Mental Health America

National Alliance on Mental Health (NAMI)

National Institute for Play

One Mind

OneMindPsyberGuide
"Apps and digital health resources reviewed by experts"

PsychHub

Happiness

Action for Happiness
www.actionforhappiness.org
info@actionforhappiness.org

Special Needs/Twice Exceptional Education

Inclusion.com

The Inclusive Education Initiative - The World Bank

Meditation

Institute for Meditation and Psychotherapy

The Relaxation & Stress Reduction Workbook by Martha Davis PhD, Elizabeth Robbins Eshelman MSW, Matthew McKay PhD

Mindfulness

Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School

The Langer Mindfulness Institute

Mindful.org
Dr. Dan Siegel, Mindsight

Dr. Christopher Willard

Dr. Lidia Zylowska

**Resilience & Self-Compassion**

*Learned Optimism* by Martin E.P. Seligman, Ph.D.

[The Center for Complicated Grief](#)

The Positive Psychology Center, [University of Pennsylvania, School of Arts & Sciences](#)

The Road to Resilience, The [American Psychological Association](#)

[www.selfcompassion.org](http://www.selfcompassion.org), Dr. Kristen Neff