

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@nclld.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. Ratev, 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

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

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

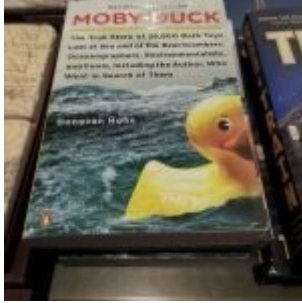
www.thewds.org

[Wrightslaw](#)

www.wrightslaw.com

[Yale Center for Dyslexia & Creativity](#)

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

Seattle, WA 98165
info@wabida.org
www.wabida.org

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 Dalglish

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[1](#)

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, Dr. Kristen Neff