



Heidi Bernhardt, RN

Heidi Bernhardt, RN, is a psychiatric nurse by training, mother of three grown sons with ADHD and the founder of the Centre for ADHD Awareness Canada (CADDAC), a Canadian charity dedicated to awareness, education, and advocacy for ADHD. Heidi served as the National Director of CADDAC from 2005 to 2012 and then as the Executive Director and President until the end of 2019. Heidi continues to represent CADDAC in advocacy and awareness initiatives in her role as President of the organization.

Heidi also served as the Executive Director of the Canadian ADHD Resource Alliance (CADDRA), a national not-for-profit organization of the leading clinicians and researchers in ADHD in Canada for 6 years. Over the past 28 years, Heidi Bernhardt has helped raise awareness and understanding of ADHD among parents, those with ADHD, educators, health care professionals, industry leaders, government officials and the public through presentations, conferences, media interviews, and advocacy work.