

# GET REAL, GET INFORMED and SHARE THE MESSAGE

Chances are, you know someone with ADHD!



OCTOBER IS  
**ADHD**  
AWARENESS  
MONTH

Learn. Understand. Inspire

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

Learn the facts, understand the reality, educate others and help those around you.

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

