

CADDAC Conference Agenda – 2026

DAY ONE – Saturday October 24, 2026

Time	Room	Topics	Speakers
9:00am - 9:30am		CADDAC opening Remarks	Audrey Gavin and Lisa McCoy
9:30am - 10:30am		The Fuel Tank	Dr. Kenny Handelman
10:30am to 10:45am – Morning Break / Coffee & Tea			
11:00am - 12:00pm		From Hanging In to Hanging Out: How to Help School-Aged Kids Find Their Friendship Fit	Lanni Zinberg-Swartz
		ADHD & Sleep: Understanding and optimizing the other half of the day	Dr. Chris Richards-Bentley
		When Smart Girls Struggle: Exploring High-Masking Presentations of ADHD and Autism in Girls and Women	Dr. Marie Hooper
12:00pm to 1:15 pm – Lunch, Support Groups / Ask the Expert			
1:30pm - 2:30pm		Seeing Strengths, Building Skills, and Empowering Children with ADHD	Dr. Julie Desjardins
		The ADHD Resilience Paradox: How to Bounce Back Without Burning Out	Aaron Bailey
		The Transition from Youth to Adulthood with ADHD	Dr. Kenny Handelman
2:30pm to 3:00pm – Afternoon Break			
3:00pm - 4:00pm		Why ADHD Brains Get Stuck on Screens - and What Families Can Actually Do	Harshi Sritharan & Eli Singer
		Reclaiming Unstructured Time Beyond the Workday: Neuroaffirming Tools for Transitions, Downtime & Wellbeing	Rhiannon Carter
		When Brightness Masks Struggle: Understanding the Hidden Needs of Gifted and Twice-Exceptional Learners with ADHD	Jim Rea, Melanie Harsch and Barbara Lazarou

Legend:

Parenting sessions

Adult sessions

Professional sessions

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CADDAC Conference Agenda – 2026

DAY TWO – Sunday October 25, 2026

Time	Room	Topics	Speakers
9:00am - 9:15am		CADDAC opening Remarks	Audrey Gavin & Lisa McCoy
9:30am - 10:30am		ADHDers and the use of Social Media	Dr. Doron Almagor & Dr. Joan Flood
10:30am to 11:30am – Morning Break / Coffee & Tea / Vendor Hall Book Signing			
11:30am - 12:30pm		Running on Empty: Parenting with an ADHD Brain	Dr. Maria Rogers
		How to Organize your Clothes & Avoid Laundry Woes	Nathalie Pedicelli
		ADHD Medications	Dr. Doron Almagor
12:30pm to 1:45pm – Lunch / Support Groups / Ask the Expert			
2:00pm - 3:00pm		ADHD and Cannabis	Dr. Joan Flood
		Wired Differently at Midlife: ADHD, Menopause, and the Women Who Were Missed	Ammara Wood
		From Deficit to Design: How ADHD Children Are Challenging Us to Evolve Parenting, Education, and Emotional Intelligence	Lara Dawn
3:00pm to 3:30pm – CADDAC Closing Remarks			
END OF DAY			

Legend:

Parenting sessions

Adult sessions

Professional sessions

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