



## CADDAC Conference Agenda – 2025

**DAY ONE – Saturday November 1, 2025**

Time	Topics	Speakers
9:00am-9:30am	CADDAC opening Remarks	Audrey Gavin
9:30am-11:00am	The Social Benefits (& Costs) of Being More Productive	Ari Tuckman
Morning Break/ Coffee & Tea		
11:15am-12:30pm	The Great, The Alright, and The Ones to Avoid - medication	Dr. Gurdeep Parhar
	Parenting a child when you have ADHD	Dr. Randall Gills
	Why Can't I Just... : Understanding Executive Function and ADHD	Dr. Tamara Rosier
12:30pm-1:15 pm – Lunch /12:45pm- 1:15pm Live Support Group Period		
1:15pm-2:30pm	A Stronger, More Productive Mindset	Ari Tuckman
Afternoon Break		
2:45pm-4:00pm	Thriving at Work with ADHD: Strategies for Success	Faelyne Templer
	Self-Regulation in Children with ADHD	Miranda Doherty
	The Healing Power of a Diagnosis	Ted Leavitt

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## CADDAC Conference Agenda – 2025

### DAY TWO – Sunday November 2, 2025

Time	Topics	Speakers
9:00am-9:15am	CADDAC opening Remarks	Audrey Gavin
9:30am-11:00am	Living Inside the Window: ADHD, Emotional Regulation, and the Power of Nervous System Awareness	Dr. Tamara Rosier
Morning Break		
11:15am-12:30pm	Kindness to Yourself: Self-care that does not feel like another chore	Dr. Candice Murray
	ADHD and your senses – Making sense of it all	Dr. Anita Parhar
	From Assessment to Self-Advocacy: Understanding and Supporting ADHD Across Learning Environments	Becky Bishop
12:30pm-1:30 pm – Lunch / Lived Experience Panel in Great Hall		
1:30pm-2:45pm	Beyond Substances: ADHD and Addictive Behaviours	Dr. Antonio Ocana
	ADHD and Autism – The Similarities and Differences	Dr. Gurdeep and Anita Parhar
	From Overwhelmed to Employed: Tackling ADHD Job Search Challenges	Faelyne Templer
END OF DAY		

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