


Carrie Hastings, Psy.D., askdoctorcarrie@playlikeachampion.org
Play Like a Champion Today Educational Initiative ADHD Assistance


*Also, Check Out These Websites:*

Children and Adults with Attention-Deficit/Hyperactivity Disorder: www.chadd.org

ADDitude The Magazine: www.additudemag.com

Council for Exceptional Children: www.cec.sped.org

Non-Pharmaceutical Alternatives to Stimulants: www.adderallalternatives.org

*SPECIAL THANKS* to Thomas Powers, Ph.D. and David Baron, MSED, DO. for their invaluable contributions to this work.