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Plan and Shop for Your Family's Pantry

Adults with ADHD often find meal planning difficult. Creating a functional pantry can help simplify meal prep and still allow for impulsive baking.

New Options for ADHD Treatment During COVID-19

The federal emergency declaration for COVID-19 includes a relaxing of telemedicine regulations. That means you can meet with your healthcare provider by video chat to manage your ADHD symptoms.



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CHADD Podcast

All Things ADHD: Managing Anxiety

Featuring Craig B. Surman, MD

Listen Now

If you're struggling emotionally over the global pandemic, you are not alone. We talked with Dr. Craig B. Surman, who offers calming tips and a guided meditation adapted for those with busy minds.

Craig B. Surman, MD, is an assistant professor of psychiatry at Harvard Medical School. He is the scientific coordinator of the adult ADHD research program at Massachusetts General Hospital.



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Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

2020 is the year of the national census. When you complete your census you help your community receive needed federal support. Be part of history—complete and return your census form as soon as you receive it!

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4221 Forbes Blvd, Suite 270
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