



ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognized as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognized as an adult problem too. The cause is an imbalance in the brain's anatomy and its wiring.

How did ADHD Awareness Month Get Started? A resolution was passed by the United States Senate that declared September 7th as National Attention Deficit Disorder Day in 2006. From there it grew into a full month by 2004. The aim of the campaign is to raise awareness of ADHD, by providing information that is reliable. The information is based on research and scientific evidence.

CHADD: Moving Forward with ADHD: <https://chadd.org/awareness-month/>

New to ADHD? Watch video here: <https://youtu.be/1aJdSwHLcNA>

Video: ADHD, Young Adults, and Their Parents: <https://youtu.be/-JJcaqllCDw>



NAVRATRI Sun, Oct 15, 2023 – Tue, Oct 24, 2023

The Hindu nine-day festival celebrating the triumph of good over evil. This festival worships god in the form of the universal mother commonly referred to as Durga, Devi or Shakti, and marks the start of fall.

Learn more about Navratri on PBS:

<https://www.pbs.org/video/religion-ethics-newsweekly-navaratri/>



Breast cancer awareness month is a global healthcare event for the awareness of breast cancer, which is reminisced for the entire month of October every year for the past 37 years.

For events and more information click here:

<https://www.luckytolivehererealty.com/blog/breast-cancer-awareness-events-on-long-island>

Susan G. Komen Foundation: Inequities in Breast Cancer Outcomes:

<https://youtu.be/8WqXaioqSR0>



**NATIONAL
COMING OUT
DAY**
October 11

National Coming Out Day was first celebrated in 1988. Over 30 years later, it's still in our calendars – but why do we need it?

National Coming Out Day is an annual celebration which takes place on 11 October every year. It was first celebrated on the one-year anniversary of the 1987 National March on Washington for Lesbian and Gay Rights – a date chosen to honor the bravery of LGBTQ+ individuals who decide to come out and live openly. Although it started off as an American awareness day, the meaning of National Coming Out Day is still highly relevant to LGBTQ+ communities across the world today.

Learn more: <https://www.glsen.org/event/national-coming-out-day>

<https://www.hrc.org/campaigns/national-coming-out-day>

Parents of LGBT People Support Group: <https://lgbtnetwork-org.zoom.us/meeting/register/tZYscuyprDkpHdDnxomENNS7mDJnxjnrUq7i>

Thursday, 10/12 | 7:00 PM | Virtual

