



NEW!! IN-PERSON ADHD Support Group for Teens & Adults

Let's ADHD Together!

November 4, 2025, 7:00 PM - 8:30 PM

Bergenfield Library "Friends" Meeting Room

Facilitated by **Frank Delgado**



Welcome to our ADHD Support Group—a safe, supportive space for teens and adults living with ADHD. Whether you're newly diagnosed or have been managing ADHD for years, you'll find understanding, encouragement, and practical advice here.

Our group offers:

- Open, respectful discussions about the challenges and strengths of ADHD
- Tips and strategies for school, work, and daily life
- Guest speakers and resource sharing
- A welcoming, judgment-free environment

If you're a teen or adult looking to connect, share experiences, and support others on their ADHD journey, we invite you to join us.

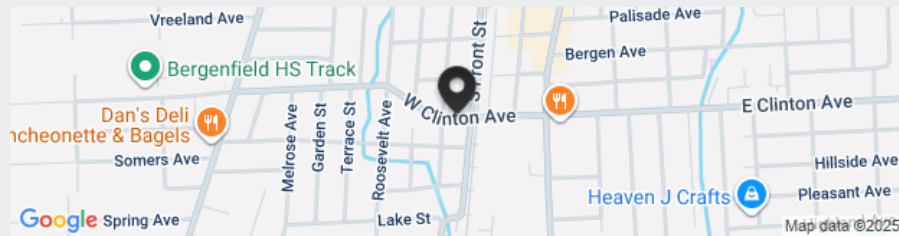
Everyone is welcome!

We meet twice monthly at the Bergenfield Public Library. No

registration required - just show up as you are! Come discover that you're not alone in this journey.

Building community, one meeting at a time.

No sign-up needed!



Bergenfield Library: "Friends" Meeting Room

50 West Clinton Avenue · Bergenfield, NJ

Location

Upcoming Virtual Support Group Meetings

***NEW* In-Person Support Group**



Bergenfield Library "Friends" Meeting Room

Tuesday, November 18, 2025

7:00-8:30 PM

Tuesday, December 2, 2025

7:00-8:30 PM

Facilitators: Frank Delgado

No sign-up needed!

LOCATION

For Parents of Children with ADHD

1st Monday of the month



Monday, December 1, 2025

Monday, January 5, 2026

Facilitators: Deborah Goldstein
& Debby Anderson

[SIGN UP](#)

For Parents of Children with ADHD

2nd Wednesday of the month

Wednesday, November 12, 2025

Wednesday, December 10, 2025

Facilitators: Joni Corn, Yeara
Rosenthal, Jacqueline Caruso-Smith,
Debby Anderson

[SIGN UP](#)

Teacher Talks

3rd Wednesday of the month

Wednesday, November 19, 2025

Wednesday, December 17, 2025

Facilitators: Andrea Elrom

[SIGN UP](#)

For Parents of Children with ADHD

4th Wednesday of the month

Wednesday, November 26, 2025

Wednesday, December 24, 2025

Facilitators: Joni Corn, Yeara





Rosenthal, Jacqueline Caruso-Smith,
Debby Anderson

[SIGN UP](#)

For Adults Living With ADHD



3rd Monday of the month

Monday, November 17, 2025

Monday, December 15, 2025

isabel@helpisherecoaching.com

[SIGN UP](#)

If you missed our previous virtual speakers, go to our website, www.bergencountychadd.com to access a recording and/or slide deck from each of our previous virtual speakers.

[Recordings](#)



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