

# ***Websites regarding Pediatric issues and the Coronavirus /COVID-19 Pandemic recommended by Dr. Carole O'Beirne***

General information on the health of children and adolescents:

Excellent resources for understanding and managing ADHD:

[CADDAC Centre](#)

[Dr Annick Vincent's site on ADHD](#)

Website of Défi Sportif de Altergo (Montréal regional association of recreational services for individuals with a Disability):

[Site of Defi Sportif Altergo](#)

[Site of Altergo](#)

Information regarding Coronavirus from the government of Quebec, of Ontario and of Canada:

[General information on the COVID-19 Pandemic from the government of Québec](#)

***How to manage the increased stress and demands of this special period:***

["Protecting your well-being in the COVID-19 pandemic" from the Government of Quebec](#)

[General information on the COVID-19 Pandemic from the government of Ontario](#)

[General information on the COVID-19 Pandemic from the government of Canada](#)