

WORKSHOP SERIES SPRING 2018

Where:	Northern District Library, Community Room, 40 Orchard View Blvd, Toronto (Located 1 block north of Yonge and Eglinton, on west side of Yonge Street)
Time:	6:00 p.m. - 7:30 p.m. (Please note the change in time for the start of the workshops and please arrive early to sign-in)
To Register:	Call 416-603-1827 extension 5221 or sign-up online http://www.childdevelop.ca/programs/integra-program/workshops-and-training/workshop-registration-form
Cost:	\$15 per person per workshop (payable by cash or cheque at the door)
Who should come?	Workshops are primarily designed for parents/caregivers of children with learning disabilities (LDs). Family and community members, educators, counsellors and any other interested adults are welcome. *Unfortunately we are unable to provide child care. Please make other arrangements for your children.*

- Thurs. Apr. 12** **Walk a Mile in my Shoes:** This experiential workshop is designed to give participants an understanding of the challenges associated with having a Learning Disability (LD) by engaging in a series of activities. Participants will gain knowledge about current thinking in the field of LDs and a practical understanding of how they may affect mental health and everyday life at home and at school.
- Thurs. Apr. 26** **Understanding Anxiety and Learning Disabilities:** In this introductory workshop participants will gain an understanding of anxiety, when to be concerned, approaches to treatment, and the relationship between anxiety and LDs.
- Thurs. May. 10** **The Social Impact of Learning Disabilities:** In this workshop we will discuss why children with LDs and/or ADHD are at risk for experiencing social challenges with their peers. Participants will explore what skills are needed in order to be socially competent and successful in everyday life. Strategies on how to understand and support social competence will be shared.
- Thurs. May. 24** **Introduction to Executive Functioning and Emotion Regulation:** This workshop provides participants with an understanding of the nature of executive functioning (higher order thinking skills including planning, organization, and flexibility) for youth with LDs and/or ADHD. Practical strategies to support the development of executive functioning skills and self-regulation in children and youth will be shared.
- Thurs. Jun. 7** **Understanding Memory:** This experiential workshop is designed to give participants a better understanding of the different types of memory challenges (verbal, visual, and working memory). This workshop will look at the impact memory challenges have on everyday life for children and youth with LDs.