

## WORKSHOP SERIES WINTER 2018

<b>Where:</b>	Northern District Library, Community Room, 40 Orchard View Blvd, Toronto (Located 1 block north of Yonge and Eglinton, on west side of Yonge Street)
<b>Time:</b>	6:30-8:00 p.m. (Please arrive early to sign-in)
<b>To Register:</b>	Call 416-603-1827 extension 5221 or sign-up online <a href="http://www.childdevelop.ca/programs/integra-program/workshops-and-training/workshop-registration-form">http://www.childdevelop.ca/programs/integra-program/workshops-and-training/workshop-registration-form</a>
<b>Cost:</b>	\$15 per person per workshop (payable by cash or cheque at the door)
<b>Who should come?</b>	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 other children.*

- Thurs. Jan. 11**      **Walk a Mile in my Shoes: Language-Based LDs** – This experiential and interactive workshop is designed to give participants an understanding of what it might feel like to have a LD. Participants will gain knowledge about current thinking in the field LDs, with a focus on Language-Based LDs, and a practical understanding of how they may affect mental health and everyday life at home and at school.
- Thurs. Jan. 25**      **Walk a Mile in my Shoes: Visual-Based LDs** – This workshop will use a similar format to the above session with a focus on visual-based LDs.
- Thurs. Feb. 8**      **Learning Disabilities and Mental Health (LDMH)** – In this introductory workshop participants will gain an understanding of anxiety and depression, when to be concerned, approaches to treatment, and the connection between learning disabilities LDs and mental health.
- Thurs. Feb. 22**      **The Social Impact of Learning Disabilities** – In this workshops we will discuss why children with LDs are at risk for experiencing social challenges with peers. Participants will gain an understanding of what we mean by ‘social competence’ and learn strategies for how to support children and youth in learning these skills for everyday life.
- Thurs. Mar. 8**      **Advanced Executive Functioning and LDs / ADHD** – This workshop will provide a brief review and builds on the information covered in the Introduction to Executive Functioning and Emotion Regulation workshop This workshop will offer additional strategies to help support children and youth at home or school.
- Thurs. Mar. 22**      **Fostering Self-Esteem and Self-Efficacy** – In this workshop participants will explore different ways of enhancing self-esteem and self-efficacy in children and youth with LDs.