



CDI LDMH Services Community Education and Engagement Program Workshop Information

Integra's Community Education and Engagement (CEE) Program is committed to advancing our collective knowledge and understanding of the complex relationship between learning disabilities and mental health (LDMH) in children and youth. We provide specialized workshops tailored to meet the unique learning goals and objectives of a variety of audiences.

What workshops are offered in the community?

We will travel to your agency or organization to provide workshops on a variety of topics pertaining to learning disabilities and children's mental health (LDMH). Our workshops promote interaction and an active approach to learning, as exemplified by our "Walk a Mile in My Shoes" workshop. A cornerstone of our training program, "Walk a Mile" is an experiential workshop designed to give participants a better understanding of what it is like to have learning disabilities in today's world.

Please see our website ([Workshops and Training | Child Development Institute](#)) or speak to a staff member with the Community Education and Engagement Program for a more detailed list of topics. Workshops offered include:

- | | |
|---|---|
| <input type="checkbox"/> Walk a Mile in My Shoes | <input type="checkbox"/> The Social Impact of LDs |
| <input type="checkbox"/> Emotion Regulation and LDs | <input type="checkbox"/> Navigating Social Media and Technology |
| <input type="checkbox"/> Executive Functioning and LDs / ADHD | <input type="checkbox"/> Supporting Advocacy and Self-Determination |
| <input type="checkbox"/> Understanding Memory and LDs | <input type="checkbox"/> Understanding Psychology Assessments |
| <input type="checkbox"/> Learning Disabilities and Mental Health (LDMH) | <input type="checkbox"/> Tailoring Therapy for LDMH |
| <input type="checkbox"/> Understanding Anxiety and LDs | <input type="checkbox"/> Other (please describe):
_____ |

Who are the workshops for?

CDI's LDMH Service has developed workshops suitable for a variety of audiences including parents, caregivers, teachers, educators, helping professionals, early childhood educators, youth justice staff and youth. Our workshops can be tailored to address the needs of the individual setting including the home, the classroom, and the community.

Who are the workshop facilitators?



The workshops are developed and delivered by CDI staff members (educators, psychologists, social workers) who are experts in the field of learning disabilities and children's mental health.

How much do the workshops cost?

Our Community Education and Engagement Program is offered as a fee-for-service. We have set rates based on the desired length of the workshop however we offer a sliding scale to those who require it. Please speak with a Community Education and Engagement staff member at the time of booking for further information.

Rates:	1 hour workshop (\$250)	1½ hour workshop (\$300)	2 hour workshop (\$350)
	Half day workshop (\$500)	Full day workshop (\$1000)	

Workshop Descriptions

Below are descriptions of some commonly requested workshops:

Walk a Mile in My Shoes

This is an experiential workshop that is designed to give participants an understanding of what it may feel like to have a learning disability by engaging in a series of activities. Through these exercises, participants will gain knowledge about current thinking in the field of learning disabilities and a practical understanding of how they may affect mental health and everyday life at home and at school.

Executive Functioning, Emotion Regulation and LDs/ADHD

This workshop provides participants with an understanding of the nature of executive functioning (higher order thinking skills including organization and problem-solving) and difficulties children with learning disabilities and ADHD may have in regulating themselves. Suggestions on how to support children with executive function difficulties will be introduced.

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 (socially, emotionally and behaviourally).

The Social Impacts of LDs

In this workshop, we will discuss why children and adolescents with learning disabilities and ADHD are at risk of experiencing social challenges with their peers. Participants will explore the developmental skills necessary for these children and



adolescents to be socially competent and successful. Strategies on how to understand and support social competence will be offered.

Who should I contact for more information?

If you have any questions or want to discuss this information further, please feel free to contact Mahsima Nosrati-Inanlou or Torie Patterson at our Community Education and Engagement team.

Mahsima Nosrati-Inanlou and Torie Patterson

Child and Family Clinicians – Community Education and Engagement

LDMH Services

Child Development Institute

T 416-603-1827 or x5233 or x5234

ldmhcommunity@childdevelop.ca