

T 416 603-1827
F 416 603-2433

46 St Clair Gardens
Toronto, Ontario
M6E 3V4

WORKSHOP SERIES WINTER 2024

Where:	These workshops will be offered virtually through Webex. Please choose a quiet space with limited distractions, as these workshops will be interactive. Attendees will need access to a computer with reliable internet connection.
Time:	6:00 p.m. - 7:30 p.m. (Please log on early to ensure your technology is working)
To Register:	Sign up online via Eventbrite: https://ldmhworkshopseries.eventbrite.ca
Cost:	\$15 per person paid by the Monday <u>prior to the workshop</u> date. Fees are payable online via Eventbrite. <i>Note: fees may be waived or reduced based on financial need and at our discretion, please e-mail us at LDMHcommunity@childdevelop.ca with the e-mail title "WAIVED".</i>
Who should come?	Workshops are primarily designed for parents and caregivers of children with learning disabilities (LDs). Family and community members, educators, counsellors, and any other interested adults are welcome.

Tues. Jan 23rd

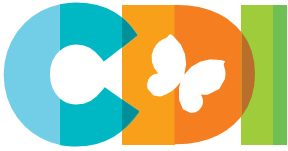
Walk A Mile in My Shoes: This experiential and interactive workshop is designed to give participants an understanding of what it might feel like to have an LD. Participants will gain knowledge about current thinking in the field of LDs, and a practical understanding of how they may affect mental health and everyday life at home and school.

Tues. Feb 6th

Anxiety and Learning Disabilities: In this workshop, we will discuss the role of anxiety in our lives, how it is expressed, and the relationship between anxiety and Learning Disabilities (LDs). Strategies for how to understand and support children and youth with anxiety will be discussed.

Tues. Feb 20th

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 children with LDs in this area. Practical strategies to support the development of executive functioning skills and self-regulation will be shared.



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- Tues. March 5th** **The Social Impact of Learning Disabilities:** In this workshop, we will discuss why children with LDs are at risk for experiencing social challenges with their peers. Participants will explore what skills are needed to be socially competent in everyday life. Strategies on how to understand and support social competence will be shared.
- Tues. March 19th** **Understanding Memory and Learning Disabilities:** This experiential workshop is designed to give participants a better understanding of the different types of memory challenges (verbal, visual, and working memory). We will look at the impact memory challenges have on everyday life for children and youth with LDs (socially, emotionally, and behaviorally).