



Child Development Institute
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LDMH WORKSHOP SERIES WINTER 2026

Where:	These workshops will be offered virtually through Microsoft Teams. 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:	1:00 p.m. – 2:30 p.m. (Please log on early to ensure your technology is working)
To Register:	Sign up online via Eventbrite: https://ldmhworkshopseries.eventbrite.ca
Cost:	FREE (This round only)
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.

- Thu. Mar 12th** **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 a LD. Participants will gain knowledge about current thinking in the field LDs, and a practical understanding of how they may affect mental health and everyday life at home and at school.
- Thu. Mar 26th** **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.
- Thu. Apr 9th** **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.
- Thu. Apr 23rd** **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 in order to be socially competent in everyday life. Strategies on how to understand and support social competence will be shared.
- Thu. May 7th** **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 behaviourally).