

WORKSHOP SERIES SPRING 2019

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. 11** **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. 25** **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 and how it relates to emotion regulation. Some practical strategies to support the development of executive functioning skills and self-regulation in children and youth will be shared.
- Thurs. May. 9** **Navigating the System:** This practical workshop will go over the systems and roles that parents and professionals will likely be involved in when seeking services for children with learning disabilities and mental health challenges. Concepts such as psychoeducational assessments, IPRCs, and local services will be discussed. Participants will be encouraged to share their own experiences and knowledge of the systems at work.
- Thurs. May. 23** **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.
- Thurs. Jun. 6** **Understanding Anxiety & Learning Disabilities** – In this introductory workshop, participants will gain an understanding of anxiety, how it is expressed, and the relationship between anxiety and Learning Disabilities (LDs).