

WORKSHOP SERIES WINTER 2019

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| Where: | Northern District Library, Community Room, 40 Orchard View Blvd, Toronto (Located one block north of Yonge and Eglinton, on west side of Yonge Street) |
| Time: | 6:00 p.m. - 7:30 p.m. (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. <u>*Unfortunately we are unable to provide childcare. Please make alternative arrangements for your children.*</u> |

- Thurs. Feb. 7** **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.
- Thurs. Feb. 21** **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 and/or ADHD. Practical strategies to support the development of executive functioning skills and self-regulation will be shared.
- Thurs. Mar. 7** **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.
- Thurs. Mar. 21** **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).