

WORKSHOP SERIES WINTER 2020

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. Jan 23** **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 LDs, and a practical understanding of how they may affect mental health and everyday life at home and at school.
- Thurs. Feb 27** **No Workshop Delivered.**
- Thurs. March 12** **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.
- Thurs. March 26** **Cancelled.**