



Where:

**** NEW LOCATION**

Northern District Library, Community Room, 40 Orchard View Blvd, Toronto (Located 1 block north of Eglinton Ave., ½ block west of Yonge Street, close to Eglinton subway station)

When:

Thursday

**** NEW TIME**

6:30-8:00pm

Please arrive early to sign in.

To Register:

Call 416-486-8055 or online click [here](#)

Cost

\$15/workshop

Who should come?

Workshops are primarily designed for parents/ caregivers of children with LDs. Family and community members, educators, counsellors and any other interested adults are welcome.

* We regret that we are unable to provide childcare so unless workshops are specifically for children/youth, we ask that they do not attend.

Purpose: The overarching goal of our workshops is to increase knowledge, empathy and understanding of learning disabilities (LDs) and the social, emotional, and behavioural impact on children and adolescents. Our Community Education & Engagement program aims to prevent mental problems in this population by reaching out to caregivers and professionals who interact with them.

Walk a Mile In My Shoes

January 22

- This interactive workshop is designed to give participants an understanding of what it may feel like to have Learning Disabilities (LDs) by engaging in a series of activities. Through these exercises, 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.

Intro to Executive Functioning and LDs

January 29

- This workshop provides participants with an understanding of the nature of executive functioning (higher order thinking skills including organization and problem solving) and difficulties children with learning disabilities may have in regulating themselves. Suggestions on how to support kids with executive function difficulties will be discussed.

All About Moods: Intro to Anxiety, Depression, and LDs

February 5

- In this introductory workshop, participants will gain an understanding of anxiety and depression, approaches to treatment, and the relationship between mood disorders and Learning Disabilities.

Fostering Self-Esteem in Children with LDs

February 19

- In this workshop, participants will be introduced to the concept of self-esteem and explore how to create opportunities for children and adolescents who have learning disabilities to develop a strong sense of self-worth.

Understanding Social Competence in Children with LDs/ADHD

February 26

- In this workshop, participants will explore the developmental skills necessary for children under 12 with ADHD and LDs to be socially successful and competent. Strategies on how to understand and support your child's needs will be offered.

Navigating Social Media in Teens with LDs/ADHD

March 26

- In this workshop, we will explore the ever changing and challenging world of social media and discuss potential challenges in navigating this social environment for teens with learning disabilities. Strategies for how to support teens in social competence and safety in their online communities will be discussed.