

Winter 2014 Workshop Schedule



Where:
North Toronto
Memorial Community
Centre
200 Eglinton Ave W
Toronto

When:
7:00 - 8:30 p.m.
Please arrive early to
allow time to sign in.

To Register:
Call Reception at
416-486-8055
or register online at
www.integra.on.ca

Registration is
essential as space is
limited.

Cost
\$15/workshop

Who should come?
Although workshops
are primarily
designed for parents/
caregivers of children
with LDs, family and
community members,
teachers, counsellors
and any other
interested adults are
welcome to attend.

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

Workshops will now be held on **Thursday** evenings at the **North Toronto Memorial Community Centre** (200 Eglinton Ave W), located just west of Eglinton Subway station on the north side of Eglinton. Paid parking is available onsite.

Walk a Mile in My Shoes: Language-based LDs

Thursday, January 30, 2014

This experiential workshop is designed to give participants an understanding of what it may feel like to have a Learning Disability (LD) through engaging in a series of activities. Through these exercises, participants will gain knowledge about current thinking in the field of LDs with a focus on Language-based LDs and a practical understanding of how they may affect mental health and everyday life at home and at school.

Walk a Mile in My Shoes: Visual-based LDs and NLD

Thursday, February 6, 2014

This experiential workshop will use a similar format to the above presentation and aims to give participants an understanding of what it may feel like to have a visual-based LD or Non Verbal Learning Disability (NLD) through 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.

All About Moods: Anxiety, Depression & Learning Disabilities

Thursday, February 13, 2014

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.

Executive Functioning & Learning Disabilities

Thursday, February 27, 2014

This presentation 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.

ADHD & LDs in Teens: Supporting Self-Reliance

Thursday, March 20, 2014

This workshop will look at how ADHD may affect teens at school and at home and look at a specific approach that will show parents and teachers how to support a teen to learn to gradually become more independent.

Understanding Social Success in Children with LDs/ADHD

Thursday, March 27, 2014

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.

These workshops are funded in part by:



the Ontario Ministry of Children and Youth Services

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RBC Foundation

