



OCTOBER IS LEARNING DISABILITIES  
AWARENESS MONTH

# SMILE, BREATHE AND GO SLOWLY

FREE COMMUNITY WORKSHOP

PRESENTER: GARY PETINGOLA MSW, RSW

OCTOBER 24, 2016

**7:00 P.M.**

Sheridan Auditorium  
Sudbury Secondary School  
154 College Street



This workshop has been designed for families of children with learning disabilities as well as professionals that work with this population. Participants will learn Mindfulness-Based Stress Reduction as a promising practice for parents, children, youth and adults with learning disabilities.

FOR MORE INFORMATION PLEASE CONTACT: LDAS @ 705-522-0100