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**LDAS Parent Support
Group presentation
schedule for 2017**

Jan 19th ADHD

Feb 16th Mindfulness

Mar 23rd Emotional
Impact on Families

April 20th Emotion
Coaching

May 18th Advocacy/Self-
advocacy

June 15th Social Skills/
Wrap-Up

**Contact our office if
you wish to join.
(705) 522 0100**

**LDAS Mission
Statement:**

**To support all
individuals with
learning disabilities in
reaching their full
potential in a
community that values
their unique abilities
and contributions.**

“Don’t Dis My Ability” - Making the Invisible Visible!

October is Learning Disabilities Month events took place across the province including Sudbury and its satellite offices in North Bay, Sault Ste. Marie and Timmins. The Presidents from Cambrian College (Bill Best), Canadore College (George Burton), Sault College (Dr. Ron Common) and Northern College (Fred Gibbons) all graciously agreed to be Honourary Chairs. And during media events, the Mayor of each city proclaimed October as Learning Disabilities Month and helped raise our flag at their respective City Halls. Signing the Proclamation in Timmins was overseen by Jim Chalmers (CAC Timmins) and Lynne Berthiaume (Northern College)



Left: George Burton (President of Canadore College), Mary-Liz Warwick (NOCLD), Marie Derosier (Chair, CAC NB), Paula Mann (NPSCDSB), Stefanie Reading (Resource Facilitator), Theresa Bitonti (NPSCDSB), Mayor Al McDonald and Samantha Derosier (Student)

Right: Mayor Steve Black, Gale Wiseman (Resource Facilitator), Mary-Liz Warwick (NOCLD) and Christine Bender (Northern College).

Below: Dr. Kevin McCormick (Huntington University and Chair, NOCLD), Abbas Homayed, (VP/Publisher Laurentian Media and NOCLD Board of Directors), Mayor Brian Bigger, Liz Brett-Dickie (Chair, LDAS Board of Directors) and Mary-Liz Warwick (Executive Director, LDAS/NOCLD).



To help create awareness, a total of 5,890 small blue flags were planted in North Bay, Sault Ste. Marie, Sudbury and Timmins. These flags represented students who have been identified with a learning disability in each community. The first city to plant their flags was North Bay where volunteers helped plant 2,200 awareness flags at One Kids Place. Next stop was Sault Ste. Marie where Grade two and Grade six students from St.

Paul's Elementary School helped plant 1,100 awareness flags on the lawns of Sault College. Staff and volunteers planted 1,700 awareness flags along Paris Street in Sudbury; and the Mayor of Timmins, Steve Black, helped students plant 890 awareness flags in the gardens at City Hall in Timmins.

Our flag flying at City Hall in Sault Ste. Marie, Ontario



PARENTS AND CHILDREN

Seven Essential Life Skills Every Child Needs

Focus and Self Control involves many executive functions of the brain, such as paying attention, remembering the rules, and delaying gratification.

Perspective Taking calls on many of the executive functions of the brain. It requires inhibitory control, or inhibiting our own thoughts and feeling to consider the feelings of others; cognitive flexibility to see a situation in different ways; and reflection or the ability to consider someone else's thinking alongside our own.

Communicating effectively is important to positive development young minds. It involves not only the act of speaking non-verbally and verbally, but also actively listening to the other party/parties involved. This promotes development of perception checking, critical thinking, and impulse control.

Making Connections begins with sorting and categorizing. The next step is understanding that certain things can represent another, like the difference between a fork and a spoon; both are used for eating but have different purposes. This involves multiple executive functions of the brain like your working memory.

Critical Thinking at its core is the ongoing search for valid and reliable knowledge to guide our beliefs, decisions, and actions.

Taking on Challenges helps develop coping skills and stress management tactics. Both positive experiences and negative experiences can be stressful and by encouraging kids to challenge themselves we can build on skills such as critical thinking, reasoning, and problem solving.

Self Directed, Engaged Learning is an important skill to teach kids. It helps them to work from a strength based perspective, discover their motivators and interests, and build on learning strategies that work to their advantage.

For more information and resources, please refer to **Mind In The Making, 7 Essential Life Skills Every Child Needs** by Ellen Galinsky.

*All information adapted from:
Galinsky, E. (2010). *Mind in the Making, 7 Essential Life Skills Every Child Needs* (1st ed.) [Harper Collins E-Books]. Retrieved Dec 21, 2016



1ST ANNUAL LDAS AWARDS DINNER

The 1st Annual LDAS Awards Dinner will be held on Thursday, February 23rd, 2017 at the Holiday Inn in Sudbury. This event will honour those that have supported children and youth with learning disabilities and their families in our community. The proceeds from this event will go toward our *We Are Not Alone* campaign. The goal of this campaign is to equip youth and their parents with the tools needed to develop critical emotional and social skills. These skills will lead to success in educational pursuits and eventually meaningful employment. Our aim is to build sustainability for the continuation of programs and services for many years to come.

Event Details

Date: Thursday, February 23rd 2017

Where: Holiday Inn
1696 Regent Street, Sudbury, ON

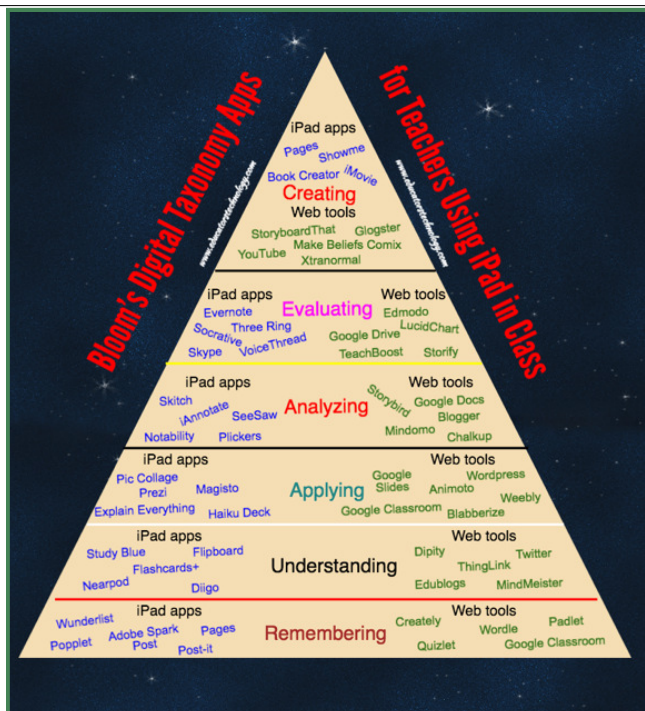
Time: 5:30 Cocktails
6:30 Dinner and Awards Ceremony

Tickets: \$65 each or tables of eight \$520
Please note a tax receipt will be issued upon request



Please call 673-4126 ext. 207 or email maryliz@ldasudbury.ca to reserve your tickets!

EDUCATORS



www.educatorstechnology.com

Check out our website for more resources.

www.ldasudbury.ca



"Apps are merely tools to help us effect a positive change in our quality of life..."



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ANNOUNCEMENT

ADHD Support Group
of Sudbury meets
monthly at the
Marguerite Loughheed
Centre for more
information contact

Jessica
(705) 693 0784 or
Julie
(705) 525 6313

LDAS Services

- **One-on-one resource/advocacy support** to families as they “navigate the school system”
- **Development and delivery** of workshops and presentations designed to raise awareness through our Community Outreach Program
- **Extensive resource library** offered through our partnership with the Greater Sudbury Public Library
- **Gr. 7 & 8 Coaching Program** in partnership with Laurentian University
- **School Age Presentations:**
 - Be Cool In School Gr. 1 - 3
 - LD 101 Gr. 3 - 5
 - Social Skills Gr. 4 - 5
 - Victor of Transition Gr. 6
 - High School is Going to be a Slice Gr. 7 - 8
 - Step-Up Gr. 12 (self-guided usb)
- **Newsletters**
- **Representation** on School Board SEAC Committees, RDSB & SCDSB
- **Web Site:** www.ldasudbury.ca

Congratulations! LDAS Educator of the Year Awards presented to



Nancy Shelsted,
Princess Anne P.S.



Julie Jessop,
St. Charles College

NORTHERN CREDIT UNION SUPPORTS STUDENTS WITH LEARNING DISABILITIES ACROSS THE NORTH

The Northern Ontario Centre for Learning Differences (NOCLD) is growing across the North. The NOCLD is tasked with the goal of increasing the reach of existing programs and services currently provided by the Learning Disabilities Association of Sudbury to the communities of North Bay, Sault Ste. Marie and Timmins.

In support of NOCLD, the Northern Credit Union has launched a True North Strong Communities campaign. The NOCLD campaign is called **We Are Not Alone** and will support parents and families of children and youth with learning disabilities.

True North Strong Communities is the first initiative of its kind here in the North. There are no administration fees which means that 100% of the donations will go directly to the campaign. The money raised in each community will stay in that community to help support local families. Northern Credit Union has also agreed to match donations up to \$5,000. Collection boxes can be found in branches (Sudbury: Long Lake Road location, Sault Ste. Marie: main branch and North Bay: main branch) and donations will be accepted online by visiting www.truenorthstrong.ca. Your donation will go a long way in helping parents and families of children and youth who learn differently. Please know that any donation of \$20 or more will receive a charitable tax receipt.

It is with great appreciation that we thank you for your consideration in support of our **We Are Not Alone** campaign. For further information, please visit our website www.ldasudbury.ca.

