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“What the new year brings to you will depend a great deal on what you bring to the new year!”

Vern McLellan

**LDAS Mission Statement:**

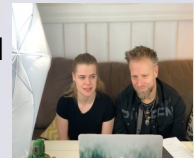
**To support all individuals with learning disabilities in reaching their full potential in a community that values their unique abilities and contributions.**



**HAPPY NEW YEAR!**

It is hard to believe another year has passed and what a year it was!

We connected with families virtually again this year offering one-on-one support, attended virtual IPRC meetings, and helped parents understand the content written in their child’s IEP. Students were provided with training on the use of assistive technology to support their learning; and we partnered with Cambrian College to host *Let’s Talk Science* sessions throughout the summer months. Each year we recognize October as Learning Disabilities Awareness Month and this year was no different. Our October calendar was filled with activities and information on learning disabilities to help bring awareness to the identification. We partnered with Cambrian College once again to virtually host ***Don’t DIS My Abilities Talking Trades with Paul Lafrance and his Daughter Promise***. The presentation was very well received by all those who joined in to hear their very inspiring personal stories.



We look forward to a new year with new opportunities to connect with families in our community.

**COOKIES FOR CHRISTMAS**



LDAS hosted a Cookies for Christmas fundraiser again this year with much success. A huge shout out to Amici Food and Beverage Co. for the delicious dessert trays prepared, and to all the families who took part in our fundraising event.

Thank you!

## PARENTS AND CHILDREN

### **ADHD PARENT EDUCATION PROGRAM**

Registration is now open for parents to take part in our ADHD Parent Education Program. Dr. Robert Silvestri will lead parents through a 10 session program that will run virtually on the first and third Wednesday of each month beginning February 2, 2022.

This program covers topics such as:

- Overview of ADHD (symptoms, treatment, history)
- Parent Attending and Communication Skills
- Behaviour Management
- Executive Function Skills Training
- School Consultation and Communication



Parents are asked to commit to all 10 sessions.

To register please contact our office by phone (705) 522 0100 or by email at: [resource@ldasudbury.ca](mailto:resource@ldasudbury.ca).

### **ADHD EMOTIONS—FIVE THINGS I WISH I KNEW ABOUT MY ADHD**

1. I wish I knew how to recognize my potential.
2. I wish I knew that my attention wasn't a deficit.
3. It's okay to take a break when I'm overwhelmed.
4. I wish I knew how to explain what was going on inside my head.
5. I wish I knew that I'd learn how to manage my ADHD in time.



Adapted from [additudemag.com](http://additudemag.com)

### **FREE WEBINARS**

We came across these free webinar listings and we wanted to share.

**January 10, 2022**

[Focus On Inattentive ADHD: The Under-Diagnosed and Under-Treated Subtype](#)

**January 19, 2022**

[Perfectionism and ADHD: Making 'Good Enough' Work for You](#)



Hosted by [additudemag.com](http://additudemag.com)

## SAVE THE DATES

### TECHNOLOGY FOR LIFE

With support from Desjardins Foundation, we will be hosting a four week technology series in February. This "Technology for Life" series will cover topics including:

- ◆ Navigating the Virtual World Safety;
- ◆ Accessible Technology (Google Platform and more);
- ◆ Coding and Gaming and finally;
- ◆ The Emotional Side of Social Media.



Complete our registration form to join any or all of these virtual sessions.

**<https://forms.gle/z9ezekBKvteoqWqQ7>**

### POP-UP CAMBRIAN



Cambrian's recruitment team will be hosting a virtual pop-up event through Zoom on January 20th from 1 to 3 p.m. Students can meet Cambrian's recruitment team, get their college questions answered, and apply to Cambrian. If a student applies to a Cambrian program during the event, Cambrian will pay their \$95 application fee!

**Click here to register** <https://bit.ly/3yy56cN>

If you have any questions, please contact Cambrian's recruitment team at [info@cambriancollege.ca](mailto:info@cambriancollege.ca)

### LDAS SIXTH ANNUAL FUNDRAISING AWARDS DINNER

We are hosting this event virtually on April 7, 2022. Once again awards will be given out under the following categories: Parent/Student/Educator/Leadership/Corporate/Volunteer. Nomination forms can be found on our website.

**[www.ldasudbury.ca](http://www.ldasudbury.ca)**

Nominations must be received no later than March 18, 2022 to be considered.



### VIRTUAL SILENT AUCTION

We will be running a virtual silent auction from April 7, 2022 until April 12, 2022 with winners being announced on April 18, 2022.



A full list of auction items will be made available in the coming weeks.



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LDA Sudbury

## LDAS BOARD OF DIRECTORS 2021-2022

Gale Wiseman - Vice Chair	Robert Chown - Treasurer
Shannon Boland - Secretary	Colleen McDonald - Director
Elizabeth Brett-Dickie - Director	Chantal Robert - Director
Hannah Smith - Director	Lisa Levecque - Director
Dr. Bess Blackwell - Director	Martina Reynolds - Director
Cereena Rows - Director	Angelina Wiwczor - Director

## LDAS SERVICES

- **One-on-One Resource/Advocacy Support** for 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** through our partnership with the Greater Sudbury Public Library
- **Coaching Program** in partnership with Laurentian University (Grades 3 to 12)
- **ADHD Parent Education Program** (10 session program)
- **School Age Presentations**
- **Assistive Technology Training**
- **Newsletters**
- **Representation on the RDSB SEAC Committee:** We are actively seeking a representative for SCDSB, if interested please contact our office.
- **Web Site:** [www.ldasudbury.ca](http://www.ldasudbury.ca)

## WHAT OUR CLIENTS HAVE TO SAY!

### Coaching Program

“[Our son’s coach] is helping [our son] learn what his learning style is so he can better advocate for himself which is HUGE!”

“My daughter looks forward to every session.”

### Resource Facilitator One-on-One Support

“ I would have not been able to do this alone, thanks for being there for me.”

### Assistive Technology

“I have learned a lot regarding assistive technology. I had never been exposed to these tools as a younger student.”

“ It is very important to understand the options and assistance that are available for students to help them succeed.”

