



Idawc • Learning Disabilities Association of Wellington County

The right to learn, the power to achieve

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Let's Get Social!



Follow, Like, Love, Connect

February 2021 LDAWC News



Well hello there! How has everyone been doing in these pandemic times? It's hard to believe it has been a year since the first case of COVID-19 was diagnosed. We hope you are keeping well. There have certainly been a lot of changes over the past year. We were introduced to 'social distancing' as a norm and a required part of our lives. We were given masks and mandatory regulations. And we were told that in-person services could not continue at this time.

Because of these changes, we have pivoted to online/virtual programming and events. It has been well-received and we are grateful for the continued support of our community. We could not sustain the programs and the work we do without you.

We are currently running our Reading Rocks and Executive Skills programs. The spots filled up quickly, so we are preparing for

We need your support!



**Please consider a donation.
Your gift is their future.**

<https://ldawc.ca/donate.html>

more dates for Spring and Summer. Stay tuned for more information on the upcoming programs at

<https://ldawc.ca/services.html> .

We have also added some [new blogs](#) to our website, filled with tried and true tips, tricks and insight into the minds we love, advocate for and support.

Don't forget to mark your calendars and save-the-date for our 7th Annual Family Conference on Saturday October 16th, 2021. We are excited to be hosting renowned author, parenting expert and consultant, **Rick Lavoie**, as our Keynote speaker. Please read on for more details.



We have some great [workshops](#) coming up as well. Please register early. They are all virtual events, so you are able to enjoy them from the comfort of your home.

[Upcoming LDAWC Events](#)



Feb. 8th- [LDAWC - VIRTUAL PEER SUPPORT NETWORK](#)

Join us for a group discussion on self-care and its importance, even when it doesn't seem like there is any time for it.

Come join our Peer Support Network and meet other parents on a similar journey to yours. LDAWC peer support network's goal is to provide an informal setting to share experiences, challenges, successes and resources.

Living, learning and/or working with a LD, or supporting a family member with LD, has its ups and downs. Come learn from others. (7:00-8:30 pm)



Feb. 17th- [THE DISABILITY TAX CREDIT AND RDSP WORKSHOP](#)

Does your child qualify for the Disability Tax Credit? Are you wondering when to apply for the DTC or a Registered Disability Savings Plan?

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. The RDSP is a long term savings plan that is specifically for people with disabilities, including those with learning disabilities. Find out if your child qualifies, what the benefits are and how to take the next steps.

Join us for this important presentation and informative discussion regarding both.

****All virtual attendees will be entered in a draw to win one of two gift baskets!**** (6:30-8:30 pm)



Mar. 17th- SOCIAL MEDIA, CYBERBULLYING AND SAFE INTERNET USE

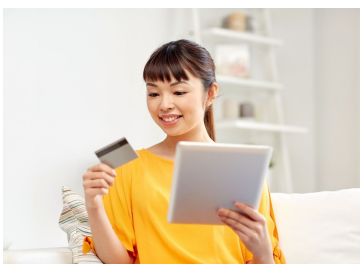
The Internet can be a dangerous place. Learn how to keep your children safe on social media and what they need to do to stay safe online. Officer Laurie McCann presenting. (6:30-8:00 pm)



Mar. 24th- FINANCIAL LITERACY VIRTUAL WORKSHOP – PET SHOP FOR 8-11 YEAR OLDS

Financial Literacy can start at any age and is a skill that will benefit everyone. This **FREE** virtual session is meant for children aged 8-11. This workshop is designed to provide financial concepts in a way that is easy for kids to understand and owning (or wanting to own) a pet is something many can relate to. It will allow the participants to better

understand the level of responsibility and commitment required of pet ownership. Additionally, unforeseen situations can occur when owning a pet and it's important to be ready when they do. (6:30-7:30 pm)



Mar. 31st- LDAWC-FINANCIAL LITERACY VIRTUAL WORKSHOP – BUDGETING & EXPENSES FOR 11-14

Financial Literacy can start at any age and is a skill that will benefit everyone. This **FREE** virtual session is meant for children aged 11-14. This workshop is designed to provide financial concepts in a way that is easy for teens to understand. The group will work through budgeting and purchasing for a party! Budgeting is about making choices between

what we need and what we want. Staying on or under a budget reaps positive rewards. You are in charge of your choices, but first you have to be aware that you are making them. (7:00-8:00 pm)

SAVE THE DATE!

Looking for Tools & Strategies to support your Child's Social Skills & Learning?

7th Annual Family Conference

Date: Saturday, October 16th, 2021

Time: 9:00 am – 3:40 pm

Location: Virtual Event

Registration opening in the Spring. No Charge to Attend.

Who should attend: Parents/caregivers/educators of children with learning disabilities and/or ADHD seeking tools & strategies to support social skills & learning at school and at home.

Keynote Speaker: Rick Lavoie, Author and Parenting Expert



“Last one picked, First one picked on...”

Ten ways that parents and teachers can improve kids’ social skills

In addition to academic failure, many children with learning disabilities also experience social isolation and rejection. Current research indicates that social deficits and failure are connected directly to the weaknesses that cause academic challenges (faulty memory, disinhibition, temporal difficulties, impulsivity, etc).

This seminar will explore and explain the connection between learning disorders and social competence and offer specific strategies that can be used to teach friendship skills to children and youth with special needs.

Breakout Sessions include: Healthy Peer Interactions, Social Skills Development, Social Impact of Learning Disabilities, EdTech, Social Media, Cyberbullying & Internet Safety, Relationships and more!

For More Information: info@LDAWC.ca or 519-837-2050

Webinars

Tuesday, Feb. 2nd- (1:00 pm ET) [When Teen Stress Ignites Strong Emotions: Teaching Anger and Frustration Management](#) -presented by Brendan Mahan, M.Ed., MS. (ADDitude Webinars) FREE

Tuesday, Feb. 9th- (7:30 pm EST) [Understanding the ADHD Mind and Navigating an Adult ADHD Relationship](#)
[When You Don't have ADHD](#) - presented by Heidi Bernhardt (CADDAC) FREE

Thursday, Feb. 11th- (1:00 pm ET) [The OCD-ADHD Link: What You Should Know When You Have Both](#) - presented by Roberto Olivardia, PH.D. (ADDitude Webinars) FREE

Thursday, Feb. 11th- (7:30-9:30 pm) [Is French Immersion 'Suitable' for Children with Dyslexia?](#) - presented by Dr. Nancy Wise (LDAO) FREE

Thursday, Feb. 25th- (1:00 pm ET) [12 Principles for Raising a Child with ADHD](#) - presented by Russell A. Barkley, Ph.D. (ADDitude Webinars) FREE



Local Events

Guelph Public Library- explore their virtual events for the month of [FEBRUARY](#). Everything from creative crafts to writing contests, story times and even a teen murder mystery!

Feb. 9th- [WRFN School Issues Support Group](#) 10:00- 11:30 am - Do you have questions or concerns about school issues for your child/youth with special needs? Join this peer-led parent support group. All meetings will be by Zoom.

Feb. 11th- [Introduction to Animation: Character and Environment Workshop for Youth-](#) presented by Ed Video Media Arts Centre- Sign up for Ed Video's Introduction to Animation: Character and Environment Workshop taught by Garth Laidlaw. For youths 13 and up, over two sessions you'll learn to animate a short character and environment loop that can be used in a longer video, or exported as a gif. These basic skills can be used to create all kinds of animations in any art style.

This workshop will take place over two sessions Thursday, February 11th 6pm-9pm and Thursday, February 18th 6pm-9pm. (FREE)

Feb. 15th- [Paint Night](#) - The Rotary Club of Guelph and the Canadian Mental Health Association Waterloo Wellington present Paint Night! Art as self care! Take some time for you and delve into a creative adventure. In an online zoom session, artist and Rotarian Ben McCarl will gently guide participants to paint a winter image. (FREE)

Feb.17-Mar. 31st (6:30-9:30 pm)- [CADDAC-Interactive ADHD Child Parenting Course](#)- This five-part interactive course has been designed for parents starting the ADHD journey with their child and for those striving to understand their child's impairments and needs. It will cover the things you need to know about ADHD: what it really is; how it impacts learning, behaviour and emotional regulation; treatment options, and how to implement home and school strategies. (\$50.00 plus applicable taxes)

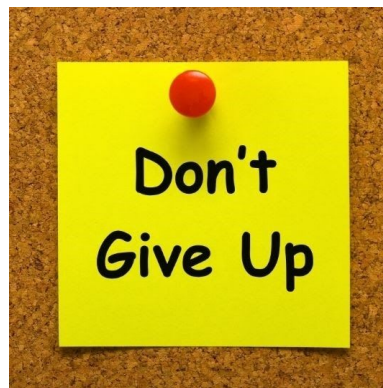
[Articles and Videos](#)

[Fairness: To each according to his needs](#)- by Rick Lavoie (October's Keynote Speaker) An article that looks at what the true definition of fairness is.

[When the Chips Are Down](#)- video presentation by Rick Lavoie. A unique analogy looking at the self-esteem of our kids with learning disabilities.

[Failing at Normal: An ADHD Success Story](#) - presentation by Jessica McCabe. A TedX Talk where Jessica shares her story and struggles that led her to examine and discover how she can be successful with ADHD.

[4 Strengths Kids Build When They Take on Challenges](#) - by Kate Kelly. This article outlines the key qualities that children develop when they don't give up.



MYTH: Learning Disabilities are all the same.

FACT:

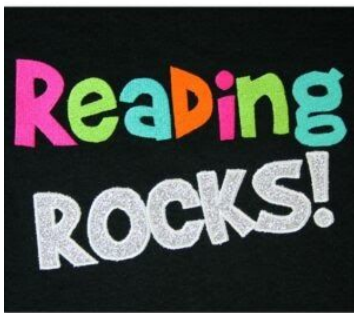
- LDs are complicated and vary from person to person.
- LDs come in many forms and affect everyone differently.
- The impact of LDs may change in different settings depending on the demands of the situation.

MEMBERSHIP: BECOME A MEMBER TODAY

LDAO

Be Sure to Choose LDA Wellington County as your Affiliate Membership

Exciting news!



Reading Rocks has opened registration for the Spring program! Be sure to sign up as soon as possible. Spots fill up quickly.

Spring Program-Online

April 28-June 23, 2021 (Monday and Wednesday) (no program Victoria Day)

Time: *6:00- 7:00 pm *New earlier start time

May 4- June 24, 2021 (Tuesday and Thursday)

Time: 6:30-7:30 pm

(you will have the option to choose your preferred nights on the [application form](#))