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ldatd • Learning Disabilities
 Association of Toronto District
The right to learn, the power to achieve

Spring 2010

NewsAbilities

Published for the Members and Friends of the Learning Disabilities Association
 Toronto District Chapter

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From the Desk of the Executive Director

Dear Members, Friends, and Supporters of the LDA Toronto District,

As this academic year begins to draw to a close, I am encouraged by the opportunity to look back and reflect on the many successes our agency has experienced this year. Though the economic uncertainty remains a looming factor in our society, I am pleased to share that, through the coordinated effort of our dedicated Board of Directors and staff, our agency has been able to forge ahead.

Our first annual ChocAbilities gala held in November was a huge success. This wonderful evening of good food, great company and an array Silent Auction items allowed our agency to raise visibility for our cause. A special thank you to our Fundraising Committee for all their hard work organizing this event.

We have also expanded our programs both for parents and children. Parenting for the Socially Competent Child/ Youth with Dr. Audrey Huberman successfully positioned parents to be effective coaches for their children/ youth. This well attended program will be followed by a Creative Parenting Camp this summer! Our Smart Kidz Tutoring program offered LD specific, affordable tutoring to over 40 children/ youth in our first year!

Finally, our Annual Lottery is here!! With 4 top prizes this year, don't miss this opportunity to support our agency and win big!

Warmest Regards,

*Mimi Hoffman
 Executive Director*

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Christina Ferri
 Resource Facilitator

Katie Bushie
 S.T.Y.L.E. West Coordinator

Pauline McFarquhar
 S.T.Y.L.E. East Coordinator

Bipul Dev
 Outreach Coordinator

Our Vision

A world in which people with Learning Disabilities and/or Attention Deficit Hyperactivity Disorder are able to successfully reach the full potential of their intellect and abilities.

Our Mission

A centre of excellence in the provision of education, advocacy, research and services to advance the full participation of children.



Resource Department Update

Since our last Resource Update a few months ago, the Resource Department continues to be a buzz ensuring that each parent, professional or adult with a learning disability who contacts our agency receives the resources and support they need. As a one-stop-shop for all things related to LDs, we are here each day to listen and support individuals with questions about assessments, treatments, employment, schooling, and many other areas. To make our resources more accessible, we have added some of our lists of professionals to our newly redesigned website. Now parents can easily access lists of psychologists, tutors, private schools, educational consultants and coaches any time of the day. Check out these resources at www.idatd.on.ca!!

We have also continued offering presentations to educate individuals about LDs. In the past few months I have presented to professionals, students and parents through the University of Toronto Family Care Office

Christina Ferri, Resource Facilitator

and Scarborough Campus, RyeACCESS at Ryerson University, the TDSB and most recently, the Editor's Association of Canada - Toronto Branch. Each presentation allows us to further educate the community around this invisible challenge.

Our agency is also pleased to share that we have added some new books to our Resource Library. Through generous donations, we have been able to purchase books that cover a variety of topics. These include: college prep, social skills, organization, motor skills and many more. Come and visit our Resource Library!!

Numerous times a day I listen to families in search of answers and do my best to show them that help is available. Knowing that we can help is a very rewarding experience! I look forward to sharing these new resources to help each individual we work with achieve success.

It is more important to know where you are going than to get there quickly.
Mabel Newcomer



Community Outreach Update

Bipul Dev, Community Outreach Coordinator

After the success of a busy summer visiting more than 50 North York agencies, the Outreach Department continues to be hard at work reaching out in all directions to spread the word about the LDA Toronto and dispelling the myths associated with learning disabilities.

The start of the school year brought a new stage to begin my work. While students and teachers settled into a new school year, I set out on a new endeavour to reach as many schools in the North York area as possible. Meeting with principals, vice-principals and teachers gave me the opportunity to share my passion for making a difference with individuals who understand the challenges a child with a learning disability may face. Each meeting and phone call allowed me to open the door and educate others about our agency's programs and services. I am de-

lighted to report that, because of this initiative, many more families have contacted our office and received supported when they needed it most. In total, over 100 schools have been visited ... so far!

The last few months have continued to be a buzz with meetings, presentations, community resource fairs and gatherings of all kinds. Now, as spring has finally sprung, my attention has shifted, once again, to reaching out to community agencies. Each day, new connections are made and new information is shared. With each presentation or meeting, an awareness of learning disabilities is fostered. Our agency, then, moves a little bit closer to achieving our vision - a city where each individual with a learning disability reaches their full potential.



S.T.Y.L.E. West Update

Katie Bushie, STYLE West Program Coordinator



Good bye winter, HELLO spring/summer! It is truly hard to believe that another academic year is almost complete and under our belts! The 2009/2010 academic year for the S.T.Y.L.E program has been one of many successes and progressive gains for all of our 160 plus youth.

2010 started off with a bang for our youth who, across our 4 program sites, actively came out to our exam clinics, took part in a series of Saturday afternoon *Chill Lounges* and continued to see successes in their academics, life skills and social skills!

Some of the successes seen in the after school component of STYLE include: over 60 STYLE youth attended 6 Raptors games during the winter, were chosen to attend private premier launch parties for movies and 3 of our youth received scholarships to attend post secondary programs!

Heading into 2010 summer programming, the STYLE team will be taking a group of 10 youth who have exemplified leadership, compassion, and a dedication to giving back to their communities and peers on a 5 day Leadership Camp. STYLE, working in partnership with Project Canoe, will be traveling to Temagami in early August 2010 to take part in canoeing, camping and leadership challenges. It will be from this core 10 youth that STYLE will build on its Youth Mentoring Legacy in 2010/2011.

On behalf of the STYLE staff team, our passionate and dedicated school allies and, of course, the commitment and enthusiasm of our youth, thank you for making the 2nd year of STYLE one of success, progression and legacy as we head into our 3rd year!

S.T.Y.L.E. East Update

Pauline McFarquhar, STYLE East Program Coordinator

The STYLE EAST program has had an amazing year to date! We have recruited well in excess of our mandated 30 students at both the L'Amoreaux C.I. and Lester B. Pearson C.I. program sites.

We have a dynamic program which features health and wellness workshops, healthy snacks preparation, academic support and physical activities. Students have been having a blast in the gym with a range of organized sports, as well as yoga and learning to belly dance. We are delighted to see an improvement in students' fitness level and in their food choices. We are particularly impressed with the improvement in students' academic achievement – especially in their homework completion. The feedback from program participants, parents, teachers and principals has been phenomenal. We have also taken a lot of time to just “chill” and hang out with the program youth. In December, we had a Christmas party where the youth treated us to dance

demonstrations and some very interesting singing! In March we went to the Air Canada Centre to see the Raptors play ball. During March Break, we went bowling where we discovered what a competitive group we really are! What an amazing start for a much needed program!

I would like to thank the Ministry of Health Promotion, STYLE EAST team of staff, volunteers and program youth for their commitment to the program and for their hard work. I would also like to thank all our benefactors who have made direct and indirect contributions to STYLE EAST. We are looking forward to the future of the STYLE EAST program with optimism and renewed enthusiasm.





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YOU'RE INVITED TO DROP BY FOR

High Tea

IN SUPPORT OF
the Learning Disabilities Association
of Toronto

Sunday, June 6th, 2010 2:00 - 5:00 p.m.

at the home of Dr. Audrey Huberman, Ed.D.
571 St. Clements Ave., Toronto
(between Avenue Rd. and Bathurst St., north of Eglinton Ave.)

Dress

Weekend Casual. Ladies wear your favourite Sunday hat!

Featuring

A wide selection of teas, sandwiches, sweets and fruits

Event Sponsors

Second Cup, Phipps Bakery, and Urban Fare Catering

Voluntary donation appreciated
Tax receipts given for donations over \$25.00



Annual Lottery - 2010

4 Amazing Prizes

Grand Prize
\$1500.00 CASH PRIZE!!!

2nd Prize
\$500.00 CASH PRIZE!!

3rd Prize - Pamper Yourself Package - \$415.00
Elmwood Spa Half-Day Retreat
PLUS Johnson and Johnson Gift Basket

4th Prize - Nite Out Package - \$150.00
\$100.00 Gift Card to The Keg
PLUS \$50.00 Gift Card to DanCap Theaters

Get Your Tickets Now!!!

Tickets: \$10.00 each or 3 for \$25.00
Draw Date: August 11, 2010 7:00 p.m.

LDATD now accepts Visa, Mastercard and American Express.
Call (416) 229-1680 to order your tickets today!!



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You + Universal Design for Learning in Action



Part of Speech		
Noun	person, place or thing	Ex. Susan went to Ontario .
Adjective	describes a noun or pronoun	Ex. Blue is that color you like?
Pronoun	replaces a noun	Ex. She likes to help her mother in the garden.
Verb	action word or state of being	Ex. action word: I ran every other day / state of being: She is red today.
Adverb	describes verb, adjective or other verb; answers questions such as "How much?" "How well?" "How often?" "How long?"	Ex. The sun is shining brighly .
Preposition	describes the relationship between two or more nouns/pronouns	Ex. The flowers are on my desk.
Conjunction	links words or phrases	Ex. Today and tomorrow are holidays.

STOP and LIST	Four Types of Sentences
Before beginning to write, make sure to STOP and LIST (Write a letter. Use the STOP sign for Writing Strategies with Learning Disabilities, by S. Quinlan and K.E. Hank, 2003).	Exclamatory Shows emotion or emphasis. Usually ends in an exclamation mark. Ex. <i>The roller coaster was amazing!</i>
Stop and Think Or Purpose Ex. Write a journal entry in response to the movie <i>To Eat A Bird's Egg</i> .	Declarative States an idea. Usually ends in a period. Ex. <i>I don't like winter.</i>
List Ideas and Sequence Them Ex. Brainstorm ideas, then choose the best ones and number them in the order you would like them to appear in your entry.	Imperative Asks a request, or commands someone to do something. Ex. <i>Go to the corner store and buy milk.</i>
	Interrogative Asks a direct or indirect question. Direct questions end in a question mark. Ex. <i>When is the due?</i>
	No More Abstruse Words
	Proofreading 1: COPES
	Correct: a lot, void, separate, definitely, receive
	Incorrect: alot, void, seprate, deffinitely, recieve
	Don't forget to use a spell checker when typing on the computer.
	Try the COPES strategy (Coville, 1995): • Capitalization • Oral pronunciation • Punctuation • Spelling (Use the sheet over to the SCOPES page!)
Sentence Combining A good trick for checking new sentences is by using sentence combiners.	Old sentences The dragon was massive. The dragon breathed hot fire. The dragon had green spiked scales.
New sentence The massive dragon had green spiked scales and breathed fire.	



- From top to bottom:
- Eye Lighter Reading Filter (93-LLE14)
 - Writing Reference (YT-130)
 - Ergo Pen Again (93-PAG16102401)
 - Writing Traits Sticky Note Pad
 - Jumbo Letter Dice (92-75175)



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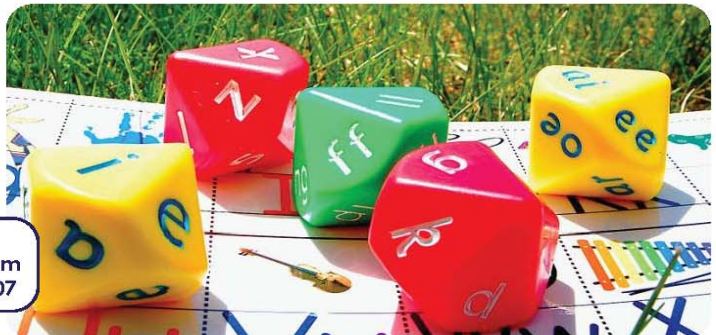
Highlighter tape for studying that won't get you into trouble; Ergo Pen for exam writing; YOUDLE two-column notepaper to keep your notes straight; binder helper for great writing, studying and reading strategies; and writing strategies sticky notes for proofreading.

Receive 15% off of your order if placed between March 15 and June 30, 2010.*

Promotional Code:
LDAT15



*Valid for YOUDLE products only. Cannot be combined with any other promotional offers or special pricing.





Experiences from the Field

By: Bipul Dev

As the Community Outreach Coordinator, I have travelled that city of Toronto since June 2009 with the goal of raising the awareness of the LDA Toronto and learning disabilities. Along the way, I have learned a tremendous amount about this city and its understanding of learning disabilities.

With a little research, the decision was made to begin this outreach experience with community agencies located near the LDA Toronto. This approach allowed me to become acquainted with neighbouring agencies and design a more appropriate plan to reach the desired staff members. With each visit, my goal was the same: let these agencies know that a valuable resource exists in their neighbourhood. After visiting a few of these agencies, I observed that many had not heard of our agency or learning disabilities. While some were open to hearing about the LDA Toronto, many found it difficult to understand how learning disabilities could be present in the population they service. For many, it was necessary to connect the dots around this invisible challenge that affects 10% of the population.

While speaking with different organizations as well as their clients, I also found that there were many inaccurate perceptions surround learning disabilities. I noticed that some considered learning disabilities a kind of developmental delay. Others felt that a lack of motivation was the cause and by trying harder that challenges I described could be overcome. It was at this time that I realized my role as Outreach Coordinator would also involve demystifying learning disabilities. Whether speaking with community agencies, local individuals or school personnel, my focus would also need to include communicating how intelligent, creative and determined children, youth and adults with learning disabilities are.

Among the newcomer population that I visited, I learned that "learning disabilities" was a totally new term for many. I also encountered a stigma toward this invisible disability that crossed many cultural and ethnic groups. Here, I also saw

misconceptions of learning disabilities as mental impairments where families were not at all comfortable or interested in discussing this publicly.

During these outreach visits, it became very apparent that there exists a need for instruction about learning disabilities in a way that is culturally sensitive. This has been my goal when meeting with staff from newcomer agencies - to work with them to develop workshops and information sessions that clearly explain this complex area while making sure that no one feels embarrassed or hurt. While these workshops will take time to develop and implement, I am confident that we can reach the diverse populations in this city and show them the positive side of learning disabilities.

When meeting with schools throughout the city, I received a positive interest from principals, teachers and students to learn more about our programs and services. Participating in resource fairs, information sessions and offering workshops, has not only been a fun experience, it has also been a successful way of getting the message of learning disabilities across to a wide audience. As an agency, we look forward to further meeting and working with schools to increase the understanding of learning disabilities and our programs that can give children and youth the skills they need to be successful.

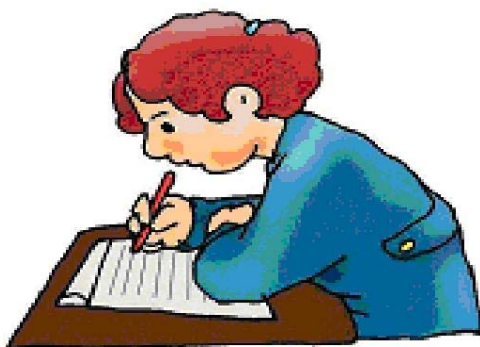
Although the journey may not have always gone smoothly or according to plan, the opportunity to share this worthwhile cause with so many has made this year a success. The foundation continues to be built as we strive to make learning disabilities "visible" in the community. Starting from scratch, learning along the way and seeing where we are now makes me realize that this goal is possible. The more organizations we visit, the more information we share, the more others will know about learning disabilities.



The **Learning Disabilities Association**
Toronto District proudly presents

Get Ready, Get Set, Go ... Transitioning to High School

A Transition Workshop for Students with Learning Disabilities



This exciting workshop is designed for students with learning disabilities and/or AD (H)D who are making the transition from elementary to secondary school. This is an important step in a student's education and there can be many challenges posed by this transition. Having a learning disability can often make it even more challenging. This workshop will help students to better understand their LD/AD(H)D and learn how to advocate for themselves at school and beyond.

Date: Saturday, June 12, 2010

Time: 10:00 - 12:00 p.m.

Location: 121 Willowdale Ave., Suite 203 (Sheppard Ave. and Yonge St.)

Fee: \$20.00 per child

Spaces are limited, please register quickly.

To register please call (416) 229-1680



Keyboarding for Kids Summer Camp

The **Learning Disabilities Association Toronto** will once again be holding a Keyboarding for Kids Camp this summer. This program provides a comfortable and receptive environment where children can acquire keyboarding skills and have fun at the same time!

**Session dates:**

July 5 – July 9

Aug 9 – Aug 13

Aug 30 – Sep 3

July 12 – July 16

Aug 16 – Aug 20

July 19 – July 23

Aug 23 – Aug 27

Ages: 8 – 13 years old**Time:** 9:30 a.m. – 12:00 p.m. (noon)**Location:** 121 Willowdale Ave. Suite 203**Cost:** \$175.00 per week/ \$300.00 per 2 weeks

Space is limited to 10 children per class

For further information and register,
please call (416) 229-1680.

Program Information

Friendship Club: Social Skills/ Socialization Program

Providing a safe environment where children with LD/ AD(H)D can develop and practice social skills to make and keep friends.

Ages: 8 - 13 years old

Session 1: 13 weeks - Sept. 20 - Dec. 13, 2010

Session 2: 10 weeks - Jan. 3 - Mar. 7, 2011

Dates: Mon - 8/9 Tues - 6/7 Wed - 10/11 Thurs - 12/13

Fees: Session 1: \$499.00 per session/ \$450.00 for returning participants and members

Session 2: \$399.00 per session/ \$350.00 for returning participants and members

Groups are limited to 10 participants.



Keyboarding Program

Session Dates

Sept. 11 - Oct. 23/ Oct. 30 - Dec. 11
Jan. 8 - Feb. 19/ Feb. 26 - Apr. 16/ Apr. 23- June 4

Group 1: Ages 8 - 11 10:00 - 11:15 a.m.

Group 2: Ages 12 - 15 11:30 a.m. - 12:45 p.m.

Fees: \$150.00 per session
\$125.00 for returning participants & subsequent sessions
\$550.00 for all sessions

Spaces are limited to 10 children per group

Youth Lounge: Social Skills/ Socialization Program

Want to be part of something cool?? Come join our Youth Lounge!!! It's a guaranteed Friday night of new friends, skills and community happenings!!

Ages: 14 - 17 years old

Session: 22 weeks - Jan. 7 - June 17, 2011

Date and Time: Fridays from 7:00 - 8:30 p.m.

Fee: \$749.00 per session/ \$699.00 for returning participants and members

Spaces are limited to 10 youth. Register quickly!



Smart Kidz Tutoring Program



- tutoring in line with school curriculum
- qualified, caring tutors
- especially geared to recognize different learning styles
- tutoring you can afford - \$120.00 for 6 weeks

Session Dates:

Sept. 26 - Oct. 31 Nov. 7 - Dec. 12

Group 1: Grades 1 - 8 10:00 - 11:30 a.m.

Group 2: Grades 9 - 12 12:00 - 1:30 p.m.

No Stress Chess

Join a fun, new and exciting club where your child/ youth can master a friendly game of chess and race against the clock to beat their opponent effectively.



Ages: 9+ years old

Session: Oct. 30 - Dec. 11, 2010

Time: 1:00 - 2:00 p.m.

New low price of **\$125.00** per session!!

Register now for our October session! Space is limited to 6 students.

Parent Support Group

This 8 session **Parent Support Group** is designed to address the needs and concerns of parents of children with LD and/ or AD(H)D. This group allows parents to share their experiences, learn new strategies and receive support and encouragement from other parents.

Dates: Once per month from October 2010 to May 2011

Time: 7:00 - 8:30 p.m.



Adult Support Group

This support group is open to adults who have or think they have a learning disability or AD(H)D. The group provides a place for open discussions, problem solving and support. Topics covered include employment issues, social skills and life skills.

Social nights taking place in July and August!! Support Group meetings begin Sept. 20, 2010

Registration for the Fall 2010 session is open! For more information on any of the programs listed here, please call (416) 229-1680.



Creative Parenting Camp

Effecting Positive Change in the Family Dynamic

Learning Disabilities Association Toronto District
presents

one special week with
Dr. Audrey Huberman, Ed.D

A one week camp for parents that teaches how to parent from a positive space and in turn effectively impact children's thoughts, moods, and ultimately behavior.

Topics covered in this course include:

- Positioning yourself as a coach
- Thought-behaviour connection disengaging
- Outlining the 10 behaviours
- Modelling, reflecting,

Session Dates: August 23 - 26, 2010

Time: 10:00 a.m. - 12:00 (noon)

Location: 121 Willowdale Ave. Suite 203

Fees: \$200.00 for couples or doubles
\$120.00 for single

For further information and register,
please call (416) 229-1680.





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Arrowsmith PROGRAM™

The Arrowsmith Program is based on over thirty years of neuroscience research demonstrating that it is possible to address learning disabilities by identifying and strengthening weak cognitive capacities. Our program involves an intensive and graduated series of cognitive exercises based on each student's learning profile.

We invite schools that may be interested in offering our program to call us at 416 963-4962 or email info@arrowsmithprogram.ca

We will be pleased to arrange a visit to our school for teachers and educators who are interested in learning more about our program.

Help the LDA Toronto Serve You Better!!

The Learning Disabilities Association Toronto is conducting a survey, and your response would be appreciated!!

The LDA Toronto is committed to acting as a centre of excellence in the provision of programs and services to advance the full participation of children, youth, and adults with LD/ AD(H)D in Toronto. With your assistance, we will be able to further assess the needs of those we service in the city of Toronto.

We would very much appreciate your feedback regarding our agency, programs and services, and areas of need by completing a brief online survey. This survey will take approximately 10 minutes to complete. All replies are anonymous and will be treated confidentially.

To access this survey, please visit our website www.ldatd.on.ca to access the survey from the main page. Please feel free to share this with family, friends, co-workers, and others who may be interested.



Thank you for your participation in this survey!!