

PARENT WORKSHOP SERIES



4 Weekly Sessions on Wednesdays
January 22 & 29th and February 5 & 12th, 2025



6:00-7:30pm

Program is FREE
Full attendance is required

Who is the program for?

This program is for parents and guardians of students with learning disabilities and/or ADHD in Grade 7 or 8 in Ontario.

Overview

The Parent Workshop Series is a virtual, parent-only program consisting of 4 online sessions. This program was designed by the Regional Assessment and Resource Centre (RARC) to support students with learning disabilities and ADHD as they transition from elementary to post-secondary school by providing programming to their parents/guardians.

Based on the parent component of RARC's long-running STEPS (Successful Transition from Elementary to Post-Secondary) program, the Parent Workshop Series will offer parents this same valuable content in a virtual format.

The goal of the sessions is to provide parents:

- Information and support to understand their child's experience and potential more fully
- Skills to navigate the school system
- Ability to provide timely and targeted support
- Support to know they are not alone



Parent Program Overview



Lesson 1 The Social Emotional Impact of Neurodevelopmental Disorders

- Self-esteem and self-efficacy
- Common mental health concerns and management strategies



Lesson 2 Exploring Neurodevelopmental Disorders

- What do they look like in the classroom?
- Matching processing difficulties with accommodations and supports.



Lesson 3 Navigating the School System

- Understanding the IEP and IPRC process: purpose and impact
- Working with the school team







Lesson 4 The Road to Self-Advocacy

- Understanding the teenaged brain
- Identifying the steps, barriers, and pathways to self-advocacy

If you would like to participate in the Parent Workshop Series, please see the Registration Form. The form includes eligibility criteria and what information needs to be provided for participation.

Contact Info

-  (613) 533-6311
-  rarc.transitions@queensu.ca
-  www.queensu.ca/rarc
-  Mackintosh-Corry Hall, B100
68 University Avenue
Kingston, Ontario
Canada K7L 3N6

Register TODAY!
Spots are limited.



SCAN
to go to our
webpage for
more info and
registration forms



Or Click Here:
[Parent Workshop Series Webpage](#)