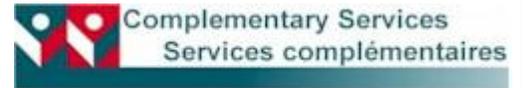




Special
Education
Advisory
Committee



PRESENT A

FREE CONFERENCE FOR ALL PARENTS

THURSDAY, MAY 2nd, 2013

7:00 – 9:30 PM

Rosemère High School

530 Northcote, Rosemère, Qc J7A 1Y2

Expert speakers will present short sessions on key topics for Phase II of our SEAC Mental Health and Anxiety Conferences.

TOPICS

Summary of workshop topics on following pages.

(Please note: Each workshop will be presented twice...see schedule below.)

- ① Reducing Anxiety through Play (*Abla Ahmed & Lina Ianni*)
- ② The Positive Homework Experience (*Patricia Panfili & Pheleshia Hudson*)
- ③ 1st Half: Fear, Anxiety and Autism (*Deb Kellman*)
2nd Half: Addressing the Fear Factor (*Cheryl Smith*)
- ④ The IEP Process – *Helping Reduce and Manage the Stressors of School Life* (*Silvia Patella*)
- ⑤ Living with ADHD (*Elizabeth Shoiry*)
- ⑥ Helping Caring Adults Teach People Safety Skills (*Marylaine Léger*)
- ⑦ Problem Solving Training Workshop (*Kimberlee Parker & Andy Simon*)
- ⑧ Working Together to Help Children and Adolescents Deal with Stress (*Rita McDonough & Gerry Weintraub*)
- ⑨ Role Playing and Practice Drills in Anxiety Management (*Lisa Levy*)
- ⑩ Myths and Reality of Adolescent Drug Consumption (*David Levy*)

Visit our website at: www.swlauriersb.qc.ca/?page=governance/SEAC

SCHEDULE

6:00 – 6:30 PM	Registration
6:30 – 7:45 PM	Workshops
7:45 – 8:00 PM	Health Break
8:00 – 9:15 PM	Repeat of workshops

REGISTRATION

Please return registration form by fax to: Sylvia Repas, Complementary Services Department

(450) 965-4208

or e-mail registration to: srepas@swlauriersb.qc.ca

DEADLINE: Tuesday, April 29th, 2013



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

CONFERENCE TOPICS

Workshop ①

Reducing Anxiety through Play

Anxiety among children can impact their ability to interact and engage with their peers and greatly inhibit their learning. For children with mental health disorders, they can present with high levels of anxiety that can have a significant effect on all areas of functioning. Anxiety is a limiting factor that prevents children from participating and exploring their environments, which in turn, affects their development of communication, cognitive, motor and social skills. Play is a wonderful tool to help children develop these skills while reducing anxiety. Play empowers children to explore their feelings, their environment, and their relationship with parents, siblings and peers.

Parents are invited to attend this FUN and hands-on workshop to build their repertoire of play ideas they can readily use in the aim of the reducing their child's anxiety and explore and develop their functional and learning skills.

This workshop is intended for parents of elementary school age and younger.

PRESENTERS:

Abla Ahmed, SWLSB Consultant – Pedagogy
Lina Ianni, SWLSB – Occupational Therapist

Workshop ②

The Positive Homework Experience

Homework can be a daunting task for many, however for children with learning, behavioural, motor or developmental needs the result of stress related to homework can lead to tantrums, meltdowns, and high anxiety. But it doesn't have to be that way...

There are ways to make the homework experience less painful for all involved.

Come discover creative, academic and behavioural strategies to be used at home that will make the homework experience a fun and positive one for both learning and for parent-child relationships. This workshop is for parents of students in elementary school.

PRESENTERS:

Pheleshia Hudson, SWLSB Consultant – Pedagogy
Patricia Panfili, SWLSB Consultant - Behaviour

Workshop ③

Fear, Anxiety and Autism (1st HALF)

Many children diagnosed with Autism Spectrum disorders experience difficulties with anxiety. This workshop will provide recent research and an understanding behind this connection and the ways that anxiety impact their day to day functioning. The focus will be on understanding which of our responses may maintain anxiety versus those that will increase coping skills. This presentation will cover the following developmentally appropriate anxieties; problem anxiety and effective intervention for supporting our children.

PRESENTER:

Deb Kellman, M.Ed - SWLSB Consultant – Behaviour

Addressing the Fear Factor (2nd HALF)

The Internet has opened the door to a new world to our children. However, with the emergence of the internet and social media has come an increase of parental concerns about the safety of their children's lives.

This workshop will help parents learn how to manage the various dangers that are present when the children are on the internet including cyber-bullying, gaming, on-line predators, pornography and illegal downloads.

PRESENTER:

Cheryl Smith, SWLSB Spiritual Animator

Workshop ④

The IEP Process

Helping Reduce and Manage the Stressors of School Life

Your child has been struggling in school, and now you have been informed he or she requires an IEP to support their learning. Stress levels begin to rise as questions start coming to mind.

1. What is an Individualized Education Plan (IEP)?
2. Why does my child need an IEP?
3. How will the IEP impact my child's education?
4. What is my role in this process?

These questions as well as others will be discussed during this interactive 75-minute session.

PRESENTER:

Silvia Patella

Aldi Project Coordinator - Special Needs Consultant

Workshop ⑤

Living with ADHD

Attention deficit hyperactivity disorder (ADHD) is a neurobiological disorder that impacts in a number of areas including one's emotional well-being, academic success and interpersonal relationships. Living with ADHD can be highly stressful, especially when left untreated or undiagnosed. About 1/3 of people with ADHD suffer from anxiety and depression. The goal of this workshop is to present an understanding of the neurobiological basis of ADHD, its risk factors as well as some strategies and supports that can help to reduce the stressors and deficits associated with ADHD, while promoting self-confidence and personal success.

PRESENTER:

Elizabeth Shoiry, M.Ed. Neuropsychologist - SWLSB

Workshop ⑥

Helping Caring Adults Teach People Safety Skills

*How to Teach Relationship Safety Skills to Young People:
Practicing People Safety Skills While Balancing Freedom With Safety and Without Creating Fear*

To help parents and other caring adults to identify and overcome the difficulties they face in working on 'People Safety' issues with young people. Many parents are afraid of traumatizing their children and need help to separate their own feelings on these issues from the skills their children must have to be safe. Others feel torn between the desire to foster their children's independence and keeping them safe.

Caring adults learn and practice basic People Safety Skills and self-protection tools – building effective beliefs, awareness, target denial, safety plans, firm boundaries, strong body language, safety zones, refusal zones, refusal skills, getting help and persistence skills along with adult teaching tools and strategies. These are demonstrated in age-appropriate examples (ages 3 to 16).

PRESENTER:

Marylaine Léger, Director / Co-Founder of Kidpower Montreal

Workshop ⑦

Problem Solving Training

The daily conflict, confusion and difficult choices youth face create additional stress in their lives. It is important therefore to provide them with strategies for problem resolution.

The rationale behind Problem Solving Training is to teach youth a way to solve their own problems. They are taught not just what to think, but how to think and are given a structures method or process to follow that can help them solve the problems that will arise in their future lives.

This interactive workshop will provide a brief overview into this problem-solving process.

PRESENTERS:

Kimberlee Parker, BSc

Andy Simon, Team Leader at Batshaw Youth & Family Services

Workshop ⑧

Working Together to Help Children and Adolescents Deal with Stress

Do you worry that your children experience too much stress in their lives? Do you wonder what you can do to help your children cope with the challenges they face?

This workshop by the Center of Excellence in Mental Health will help you understand what is normal stress, what are signs that your child is experiencing distress and offer you practical strategies for helping them cope more effectively and become more resilient.

PRESENTERS:

Rita McDonough, Child Development Specialist
Gerry Weintraub, Ph.D - Psychologist

Workshop ⑨

Role Playing and Practice Drills in Anxiety Management

Growing up is a time of anxiety no matter how old our children are. Learn to pinpoint factors that increase their individual anxiety and practice effective role playing and rehearsal strategies for helping your children appropriate and manage their own anxieties.

PRESENTER:

Lisa Levy
Non Violent Crisis Intervention Instructor, Rehabilitation Assistant, CRDITED - Miriam

Workshop ⑩

Myths and Reality of Adolescent Drug Consumption

Is consumption a problem for my child?
Is it my fault?

This workshop will answer frequently asked questions about adolescent experimentation with drugs and alcohol and provide strategies to know how to handle it.

PRESENTER:

David Levy
Bsc. ICADC

Mr. Levy is an internationally certified alcohol & drug counsellor (ICAD), and member of the AITQ and CACCF. For over 15 years, he has worked with children, teens, mothers, and adults recovering from addiction, delinquency, criminality and social reinsertion.



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Complementary Services
Services complémentaires

FREE CONFERENCE FOR ALL PARENTS

THURSDAY, MAY 2nd, 2013
7:00 – 9:30 PM

REGISTRATION FORM

PARENT'S NAME:	_____	
TELEPHONE # :	_____	E-MAIL: _____
CHILD'S SCHOOL:	_____	

WORKSHOPS

Please check **ONE** in each time period.

6:30 – 7:45 PM	8:00 – 9:15 PM
<input type="checkbox"/> ① Reducing Anxiety Through Play	<input type="checkbox"/> ① Reducing Anxiety Through Play
<input type="checkbox"/> ② The Positive Homework Experience	<input type="checkbox"/> ② The Positive Homework Experience
<input type="checkbox"/> ③ Fear, Anxiety and Autism	<input type="checkbox"/> ③ Addressing the Fear Factor
<input type="checkbox"/> ④ The IEP Process	<input type="checkbox"/> ④ The IEP Process
<input type="checkbox"/> ⑤ Living with ADHD	<input type="checkbox"/> ⑤ Living with ADHD
<input type="checkbox"/> ⑥ Helping Caring Adults Teach People Safety Skills	<input type="checkbox"/> ⑥ Helping Caring Adults Teach People Safety Skills
<input type="checkbox"/> ⑦ Problem Solving Training Workshop	<input type="checkbox"/> ⑦ Problem Solving Training Workshop
<input type="checkbox"/> ⑧ Working Together to Help Children and Adolescents Deal with Stress	<input type="checkbox"/> ⑧ Working Together to Help Children and Adolescents Deal with Stress
<input type="checkbox"/> ⑨ Role Playing and Practice Drills in Anxiety Management	<input type="checkbox"/> ⑨ Role Playing and Practice Drills in Anxiety Management
<input type="checkbox"/> ⑩ Myths and Reality of Adolescent Drug Consumption	<input type="checkbox"/> ⑩ Myths and Reality of Adolescent Drug Consumption

KINDLY RETURN THIS PAGE ONLY. Thank you!

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