

LDAWC Workshop Series

Mental Health & Learning Disabilities

Wednesday, May 16, 2018, 7-9 PM



About our Workshop:

People with LDs are **two to three times more likely** to experience mental health challenges. When it is hard to 'show what you know', it is understandable that we might see higher rates of **school-related stress** and more school drop-out. Individuals with LDs are more likely to experience **anxiety, depression and suicidal ideation**.

But there are ways to cope and help manage mental health symptoms if you have an LD. There are also strategies to help if you're a parent or caregiver with someone living with an LD. Come to our workshop and hear experts Rose Freigang and Linda Di Nardo from Insight Psychology on Norfolk speak about the topic of mental health. Come away with practical strategies for helping with things like stress, self-esteem and depression.

About our Speakers:

Rose Freigang is a Registered Psychological Associate with the College of Psychologists of Ontario in the areas of Clinical and School Psychology. She has provided assessment and treatment services to individuals across the lifespan in hospital, community agency and private settings for more than 25 years. Rose has a particular interest in and experience with ASD and other Neurodevelopmental Disorders, SLD, and AD/HD. Rose has a strong commitment to early intervention, optimizing strengths, and fostering independence.

Linda Di Nardo is a Registered Psychological Associate with the College of Psychologists of Ontario in the area of School Psychology. Linda has extensive knowledge and expertise in assessment, consultation, and working on many multi-disciplinary teams. Her work has spanned many school boards, private practice, hospital and mental health settings for over 30 years. She provides psychological assessments with children and adolescents, and diagnosing various Learning Disabilities, ADHD, and Autism Spectrum Disorders. While Linda particularly enjoys working with the children she sees, she consults with and supports parents through the assessment process.

When: Wednesday, May 16, 7-9 PM

Where: Village of Riverside Glen – Town Hall, 60 Woodlawn Rd E, Guelph, ON

Cost: \$15 for non-members; \$10 for LDA members

We never want cost to be a deterrent! Please contact us about subsidies.

Register: <https://www.eventbrite.com/e/ldawc-mental-health-and-learning-disabilities-tickets-43505348669> or find a registration link on our homepage at www.ldawc.ca.