

Summer Camp Re-Cap

By Eryn Murray, LDAA-CC Director of Services

Camp Amicus Residential Camps

Thank you for making Camp Amicus Residential Camps a success again this year! We offered six different camps this year including a new Counselor in Training (CIT) Program which we offered to older teens aged 16 to 19 who had attended Camp Amicus in the past. The CIT program provided a great opportunity to learn about what is needed to be a counselor and to help develop the skills of our "future camp staff." There were highlights throughout the summer and memorable times at each camp. In general, each group enjoyed horseback riding, wall climbing, canoeing and swimming. The food was delicious and Goldeye commented that they were surprised at how much our kids could eat! The camp counselors came from all over Canada and were thrilled with the experience of spending time in the Rockies. Each one of the participants made the camp unforgettable. Thank you for your participation and we look forward to seeing you again next year!

Camp Amicus Day Camp

Our day camps this year were very successful! The campers had the opportunity to learn about seven important social skills such as respect, how to have a conversation, and feelings. We saw a HUGE improvement in our campers from the first day - they were laughing and talking and everyone created great friendships! The goal of the camps this year was to teach the importance of having appropriate social skills in combination with activities that provided fun practice of the social skills that had been taught. Some of the activities we did included bowling, orienteering, and swimming. I know that the counselors had a lot of fun, and we can't wait for next summer to have even more!

Athletic Coordination Camp

This summer's ACC camp was amazing! We had such incredible campers who gave all they could in activities like soccer basketball, swimming, and capoeira! With the guidance of Dr. Paulene Kamps, our campers were able to use movement fundamentals to be successful in all the activities we did. With a variety of skills and drills, campers were able to increase their ability in sports and their confidence shot through the roof! ACC is more than a sport camp; it is a place where friendships blossom through the building of team work and sportsmanship within athletic activities. We hope that all of the campers had a lot of fun and we hope to see you again next year!



Parent Workshops

Date: First Tuesday of each month

Time: 7:00 pm to 8:30 pm

Location: Calgary Learning Centre (CLC). 3930 20 Street SW

Cost: Free for LDAA-CC or CLC members; \$10 for non members.

November 1, 2011 - Reinforcing Social Skills at Home

Presenter: Eryn Murray, LDAA-CC

Many children with Learning Disabilities and AD/HD struggle with social skills and unlike academic difficulties, social skills affect every aspect of a child's life. Learn about social skills games, activities and other simple tips you can use to increase and reinforce a child's at home.

Tuesday, December 6, 2011 - Girls and AD/HD

Presenters: Melanie Reader & Kim Tackaberry, Estelle Siebens Community Services - Foothills Academy

AD/HD affects everyone differently but tends to be thought of as hyperactive boys! This is not true but most information seems to be directed at boys and it is difficult to get accurate information about how it affects girls. Learn what you need to know to best support the girls with ADHD in your life. This will provide valuable information on understanding girls with ADHD and how you can best help them to succeed.

Tuesday, February 7, 2012 - Income Tax and Learning Disabilities

Presenter: Canada Revenue Agency Staff Member

What can be claimed on your income tax? Are there deductions for learning disabilities and how can they be claimed? What changes are in effect for the 2011 Tax Year? Have your questions answered by a Canada Revenue Agency staff member.

Winter Social Skills Programs

Social Skills Program for 8 to 12 year olds

Many children with learning disabilities and related disorders have difficulty learning social skills intuitively; but they can learn if they are taught.

We offer these programs in cooperation with Estelle Siebens Community Services - Foothills Academy. Supervised by a Registered Psychologist and delivered by psychologist interns, the program teaches communication, friendship and problem solving skills especially designed for children with learning disabilities and/or AD/HD who have social skills difficulties.

External social skills difficulties include one or more of the following list:

Dominating, hyperactive, impulsive, bossy, Can make friends but has difficulty keeping friends

Internal social skills difficulties include one or more of the following list:

Shy, anxious, clingy, withdrawn, difficulty making friends, difficulty starting or entering conversations

Location: Foothills Academy 745 37 St NW

Dates: January 21 to March 24 (9 weeks in total, excluding February 18)

Times: External group: Saturday from 10:00 am to 12:00 noon

Internal group: Saturday from 1:00 pm to 3:00 pm

Cost: \$525 (Subsidies may be available and it may be claimed as psychological fees on many private benefit packages)

Spring Social Skills Programs

Social Skills Level II Program for 10 to 13 year olds

This program is designed for children who have been through the Social Skills Level 1 Program with Estelle Siebens Community Services - Foothills Academy and would like to take a more advanced program to build on those skills. Supervised by a Registered Psychologist and delivered by psychologist interns, this program will provide a new opportunity for the children to use the previous lessons and enable them to move beyond some of the more basic skills and encourage self growth. All participants must complete level I before attending level II.

Location: Foothills Academy 745 37 St NW

Dates: April 14 to June 16 (9 weeks in total. excluding May 19)

Times: 10:00 am to 12:00 noon

Cost: \$525 (Subsidies may be available and it may be claimed as psychological fees on many private benefit packages)

“Real Life” Social Skills for Teens

Many children with learning disabilities and related disorders have difficulty socializing with their peers. The LDAA-CC is offering a program for teens to help them learn social skills in real life situations. They will participate in a variety of activities designed to get them involved and teach them the skills to keep involved in activities throughout Calgary. Topics and activities include being familiar with public transit, restaurant, telephone and sportsmanship skills as well as building friendships, personal hygiene and job skills. This is a great opportunity to learn while having fun.

Location: Foothills Academy 745 37 St NW

Dates: April 14 to June 16 (9 weeks in total. excluding May 19)

Times: 1:00 pm to 3:30

Cost: \$525 (Subsidies may be available and it may be claimed as psychological fees on many private benefit packages)

Registration in all social skills programs is limited so act quickly if you are interested. All participants must attend a suitability interview and have a current LDAA-CC membership to be considered for registration. Contact the program department at 403-283-6606 ext 102 or programs@LDAA.net for more details or to register.

Adult Directions Group

The purpose of the Adult Directions Group is to help adults with LD or ADHD gain information and strategies to manage aspects of their lives better within a supportive, small group environment. In order to provide an opportunity for everyone to participate, the group will be limited to a maximum of twelve participants. Topics discussed are those common to many adults with LD and ADHD such as self-esteem, communication skills, procrastination, priority setting and time management.

- Potential participants in the group must have a confirmed or strongly suspected primary diagnosis of a learning disability and/or ADHD.
- Participants must be willing to attend each session with an open and willing attitude toward trying new strategies and/or re-tooling previously tried strategies.
- Between the meetings, participants will have a homework assignment. These assignments will provide participants with an opportunity to apply newly learned strategies and tools within their real world environment.

For more information about the Adult Directions Group, contact Janice at Janice@LDAA.net or call 403-283-6606 ext. 101.

MEMBERSHIP & DONATION FORM

1. PERSONAL INFORMATION

New Member

Renewing Member

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: (H) _____ (W) _____ (Cell) _____

E-mail: _____

If you have a child with learning disabilities and/or ADHD:

Child's name (optional): _____ Age: _____

Type of disability (optional): _____ School attending: _____

2. ANNUAL MEMBERSHIP COSTS

Membership expires December 31, 2011 New Memberships may be subject to pro-ration after Sept 1st.

- Individual/Family \$40
- Post secondary student/Senior (65+) . . \$20
- School \$75
- Corporation \$125

Donations Options:

If you would like to provide additional support for our programs:

Donation to LDAA-CC \$ _____

**tax-deductible receipts are issued for donations

- Direct my donation to the greatest need
- Designate my donation to: _____

TOTAL (Membership & Donation) \$ _____

DATE: _____

Type of payment:

Payment Enclosed: Cheque Cash Visa MasterCard

Card # _____ Expiry _____

Date _____ Signature _____

3. REASON FOR JOINING

- Programs
- Parent of child with LD/ADHD
- Student
- Supportive adult
- Adult with LD/ADHD
- Professional
- Other: _____

4. VOLUNTEER OPPORTUNITIES

- Office help
- Casino
- Newsletter
- Special events
- Fundraising
- Other _____

5. CONTACT OPTIONS

- Everything
- The LDAA-CC update (Monthly e-newsletter)
- Perspectives Magazine (Quarterly Print Publication)
- Bi-annual donor/funder update
- Nothing

A portion of your membership fee goes to the Learning Disabilities Association of Canada for national membership. The LDA values the privacy of its members and will not release your personal information to other organizations. The LDAA-CC gathers information about its members in order to provide ideal programs and services.