

Goodbye

I am writing my last article for the LDAA-CC (for the foreseeable future) as a farewell to all of the families and people I have gotten to know over the last nine years. So many people have allowed me to become a part of their families, sharing with me their ups and downs. I have had the opportunity to watch kids grow and become successful young adults. I loved receiving follow-up phone calls telling me about a kid who is doing great at University or who graduated from high school. I have known some of these kids since they were 10 or 11 years old. I have felt the sadness and disappointment that comes when a child encounters a set back. I have shed tears of both sadness and joy in this job. In short, the LDAA-CC had been a part of my family and allowed me to be a part of their family. I appreciate everyone who has supported me in this position. I can truly say I love my job.

I am leaving the LDAA-CC as I am adding to my own family! I have twin boys that are almost three years old and I am expecting another child in the middle of January. We don't know the sex of this baby (my husband thinks it is so much more exciting to tell people when it is here! I think I would like to plan a little better!), but we are all excited to meet our new baby and experience the craziness that will be our family. In fact, one of my sons told me the other day that he wanted to go to Grandma and Grandpa's so he can open more presents, and when I reminded him that Christmas was over he excitedly asked, "Now it is time for the baby?"

I will miss so many of you this year. Please know that I will be thinking about you during different times of the year, particularly during camp time!! I hope to hear updates of how things are going and I will be sure to let everyone know when we have our baby (keep your eye on the enews!) Happy New Year everyone!

Eryn Murray

We Are Getting Ready for Camp



It may be snowing outside, but summer is just around the corner. To check out all of the dates and prices for this year's camps, see the back cover of Perspectives. If you have any questions or would like to schedule an intake interview, please send an email to programs@LDAA.net or call 403.283.6606 and we will be happy to assist you.

We are busy making plans for a fun-filled experience for this year's campers. We are also pleased to announce the addition of two new staff members who will be managing our camps and programs in 2012.

Colleen Wall is our new Program Coordinator and her primary responsibility will be summer camps. She is passionate about working with people and enjoys helping others find success. Colleen is currently completing her bachelor of education degree and is returning to the LDAA-CC after spending last summer as the Camp Coordinator for our residential camps.

Ria Tromp has joined our staff as Resource Development and Program Administrator after spending over two years with the Learning Disabilities Association of Yukon (LDAY). During her time with the LDAY, she facilitated tutor services, organized workshops, gave numerous presentations about LD and ADHD, wrote grant applications and co-created fundraising events. Ria also participated in camp by hiring staff, doing morning pick-ups, participating in Aikido and even spent a day paddling down the Yukon River with kids. She is a teacher with a background in special education and has taught adults and children of all ages.

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.

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.

Tuesday, March 6, 2012 - Parenting Strategies for Elementary Children with ADHD

Presenters: Melanie Reader & Kim Tackaberry

This session addresses the common frustrations associated with parenting a son and/or daughter with ADHD in primary/elementary school. Scenarios along with strategies related to the following areas will be discussed with opportunities for parents' involvement. Areas to be addressed include: improving organization, handling homework time, managing behaviour, and encouraging positive social interactions. Time will be allotted to discuss general tips for parents and the importance of framing the positives.

Tuesday, April 3, 2012 - The Direction for Special Education in Alberta

Presenter: Sara Peden

Sara Peden, Specialist/Psychologist with Learning Services in the Calgary Board of Education (CBE), will speak about her understanding of the direction for special education in Alberta, as well as some of the changes recently undertaken by the CBE. Sara will speak to personalization of educational experiences and some trends and emphases that may come to pass over the next few years. She will speak to these themes with specific reference to meeting the needs of students with learning disabilities.

Camp 2012 (see the back cover for specific dates & costs)

Camp Amicus Day & Residential Camps

Camp Amicus offers a unique outdoor experience for children and youth with learning disabilities and/or ADHD. We offer a structured, supportive program for children to learn, grow and have fun while developing social skills and making friends. Camp Amicus offers a 3:1 camper to staff ratio and a number of exciting activities including horseback riding, wall climbing, swimming and many more.

Day camps are offered in north and south Calgary and run Monday to Friday from 9:00 am - 4:00 pm. The day camps are social skills based and open to 8-12 year olds. This year's South Day Camp is July 9-20 and the North Day Camp is July 23-August 3.

Residential camps are located at Goldeye Centre near Nordegg, Alberta. Camps run from the end of June to the first week of August. For a full residential camp schedule, see the back cover of this issue of Perspectives. Residential camps are open to 8-17 year olds. For returning campers (ages 16-19), there is also an opportunity to join a Counselor-In-Training program.

Athletic Coordination Camp

The Athletic Coordination Camp is a two-week day camp focusing on improving fine and gross motor coordination and team building skills for children with LD or ADHD. Youth between the ages of 10 to 14 will participate in a variety of activities to increase their knowledge of individual and team sports to improve muscle tone and self confidence.

Please contact the LDAA-CC at 403.283.6606 or email programs@LDAA.net for more information or to register.

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 teens 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 may 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 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 FORM

1. PERSONAL INFORMATION

New Membership

Membership Renewal

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, annually. * 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 (donation & membership) \$ _____

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 _____

The LDAA-CC 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.