



ADULT SUPPORT GROUP

What is a Support Group?

A support group is a safe and friendly place for you to meet and interact with other adults with learning disabilities and ADHD. Meeting people with similar frustrations and experiences promotes a sense of sameness, belonging, and acceptance.

What are the benefits of a Support Group?

- ✓ Promotes networking among individuals with LD and ADHD
- ✓ Meet people that can relate to what you are going through.
- ✓ Ability to express feelings openly and comfortably.
- ✓ Build up self-esteem, problem solve and share successes.
- ✓ Learn strategies to deal with your Learning Disability and ADHD



What are the goals of the Support Group?

- Empowering individuals to reach their fullest potential.
- Exploring areas of strengths and needs.
- Recognizing, owning, and expressing feelings.
- Encourage members to set individuals and group goals.
- Prioritizing goals.
- Build on and learn new skills.
- Provide members with information on learning disabilities, in order to promote and foster greater understanding and awareness.
- Provide support in a safe and caring environment.
- Provide an environment that is conducive and encouraging to experimenting with change.

MEETINGS ARE HELD MONTHLY, FROM SEPTEMBER TO JUNE.

If you would like to attend or need more information,
Please call 905-884-7933, ext 21.

A different way of learning can lead to success





ldayr • Learning Disabilities
Association of York Region

The right to learn, the power to achieve

www.ldayr.org

RESOURCE CENTRE:

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Email: info@ldayr.org

ADULT SUPPORT GROUP

2017/2018 Schedule:

September 13, 2017

October 11, 2017

November 8, 2017

December 13, 2017

January 10, 2018

February 14, 2018

March 21, 2018

April 11, 2018

May 9, 2018

June 13, 2018

Time:

7:00 PM — 9:00 PM Room: B13*

Location:

Loyal True Blue and Orange Home Building
Learning Disabilities Association of York Region
11181 Yonge Street. Richmond Hill, ON L4S 1L2
Meetings held in Room B13 (Located in the Basement)

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