



Fort Vermilion School Division

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November 8, 2017

ADHD ~ Parent Strategies & Information

Hosted by the Ft Vermilion School Division

with presentation by Les Redick

November 8

Spirit of the North Community School

High Level

7pm

Parents are led through a discussion of how ADHD presents itself from early elementary school through to adulthood. Parents are shown what ADHD looks like at home and how it may look different at school. Parents are given strategies on how to manage ADHD at home and how to support teachers in the classroom. As a parent of a severe ADHD child, I will speak to topics like: Time Blindness, Poor Social Skills, Emotional Outbursts, Homework Issues, Poor Problem Solving/Time Management, Drug Use and Medications.

Les will share some recent discoveries as well.

About the Presenter: Les Redick For 30 years, Les has taught ADHD and Learning Disabled students from grades 7 through 12. In addition to his professional experience, Les has personal experience living with ADHD himself and raising a son with ADHD. This combination of professional and personal experience has given Les an excellent perspective on ADHD, executive functioning issues and motivation. In 2014, Les presented at the Learning Disabilities Association National Conference in Anaheim, CA. He has also presented at the Inclusive Education Specialist Council Conference in Alberta as well as at various jurisdictions across the province. Currently, Les is taking his MEd in ADHD Resiliency through the University of Calgary.

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Alberta Regional Consortia

Self-Regulated Child

Workshop for Parents

You are invited to this FREE workshop for parents aimed at helping children develop self-regulation skills that not only impacts their learning but also impacts their overall health and wellness. Stress is rampant in our society, not just among adults, but alarmingly so in our children. We live in a world where we are overloaded with sensory stimuli and stressors. How we effectively and efficiently deal with a stressor and recover from the effort will have a significant impact on our overall mental and physical health as well as our happiness and success in life and school. Self-regulation is this ability to deal with a stressor and recover from that effort. Come learn about specific strategies for building self-regulation skills in your children.

Location: Spirit of the North Community School
10801-102 Street
High Level, AB

Date: November 8, 2017

Time: 7:00 pm



About the presenter:



Laura Paiement is a facilitator for the Canadian Self-Regulation Initiative, Healthy Schools and Self-Regulation Co-ordinator for SD83 in B.C., and a pediatric therapist. Laura has been teaching school district staff, parents, and students throughout western Canada how to implement self-regulation strategies into their classrooms, their schools, and their communities in order to live healthier and happier lives. Laura truly believes that using self-regulation strategies and tools can allow you to bring your nervous system into balance so you can think clearly, learn with ease and passion, and enjoy life- in essence, to thrive!