



North Durham Region

Providing support to families
with children who have
barriers to learning.

NEWS UPDATE — FALL 2001

Providing Support

Two Support Groups
for Parents

Linking Resources

Saturday Sessions for
Reading and Social
Skills

Raising Awareness

Bring the whole family
on September 29th

Financial Assistance

Donations help to
subsidize programs
and therapies



Providing Support

Precious Minds Parent Support Groups

This fall we will have two Parent Support Groups meeting on the first and third Thursday of each month from **9:30 - 11:00 a.m.** at various locations throughout North Durham.

On the first Thursday of each month the group will focus on the needs of children with physical and developmental disabilities. The group meeting on the third Thursday will focus on learning disabilities. Although the groups will be distinct they will be open to all, so if a topic interests you, please come!

A portion of each morning is dedicated to a discussion topic or a special guest, but there is always time to chat with other parents, share information, and enjoy coffee, tea and something home baked. Complimentary childcare provided.

Fall Calendar

Support Group for Parents of Children with Learning Disabilities Third Thursday of each month

Thursday, September 20th

Uxbridge St. Paul's Anglican Church (65 Toronto St. just south of the township offices)
TOPIC: "Animated Literacy" with special guest Leanne McLaughlin, Speech Language Pathologist with the Durham District School Board. *Animated Literacy is an exciting approach to beginning reading/language instruction and is in use in many of the classrooms throughout Durham. This is a great opportunity to learn from Leanne how it can be adapted for children with disabilities.*

Thursday, October 18th

Port Perry Emmanuel Pentecostal Church (1680 Reach Road)
TOPIC: "The Learning Disabled Child" with an excellent video presentation by F.A.T. City entitled "The LD Child, How Difficult Can This Be?" *For kids with learning disabilities, the classroom can be an intimidating place. In this video, Richard Lavoie leads a group of parents, educators, psychologists, and children through a series of exercises that cause Frustration,*

Mark your calendar! Family Resource Day at Windreach Farm Saturday, September 29th, 2001

Anxiety, and Tension...feelings all too familiar to children with learning disabilities. By dramatizing the classroom experience so vividly, Lavoie lets us see the world through the eyes of a child.

Thursday, November 15th

Uxbridge St. Paul's Anglican Church
TOPIC: "Osteopathy and Cranio Sacral Therapy" with special guest Jane Cossetto, Physiotherapist and Osteopathy Practioner. *Osteopathy is the safe, gentle manipulation of bones and soft tissues in a "whole body" approach. It is very useful in the treatment of many conditions such as colic and other digestive problems; sleeplessness; crying/upset/whining babies; learning difficulties and hyperactivity.*

Thursday, December 20th

Uxbridge St. Paul's Anglican Church
Open discussion and chat session with Christmas treats! *Calendar continued on page 2*

Fall Calendar Continued

Support Group for Parents of Children with Physical & Developmental Disabilities First Thursday of each month

Thursday, October 4th

Port Perry Emmanuel Pentecostal Church (1680 Reach Road)

TOPIC: "Music Therapy" *Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Therapists use singing, playing instruments, rhythmic movement, improvising, composing and listening throughout their sessions with amazing results.*

Thursday, November 15th

Uxbridge St. Paul's Anglican Church

TOPIC: "Nutrition and Diet Intervention" with special guest Carol Stevenson, Dietician. *What we eat has a profound effect on who we are. Carol will share with us the basics of nutrition for our children (and ourselves) and we will also explore intervention strategies such as a gluten and casein free diet and the Feingold Diet.*

Thursday, December 20th

Uxbridge St. Paul's Anglican Church

Open discussion and chat session with Christmas treats!



Raising Awareness

Family Resource Day at Windreach Farm, Ashburn Saturday, September 29th 9:30 AM to 2:30 PM

Meeting at the peaceful and fun location of Windreach Farm, this is a day for parents to gain support and information in workshops while children are cared for in their own programs. The cost for the day is \$10 per adult and \$5 per child. Plan to attend this great day for the whole family! Everyone is welcome.

Detailed information and registration pages are available. Please register by September 20th.



Linking Resources

The Speech, Language & Learning Centre with Saturday Programs Small group instruction for children ages 4-12

Dates: Saturdays, October 13th to December 1st

Location: Please call for details

Cost: \$150 for 16 hours of instruction

The actual cost of the program is \$300. Precious Minds subsidizes this amount to \$150 for parents.

Reading Readiness: Saturday Mornings from 10 AM to 12 Noon Primary Level

This primary literacy development program is most appropriate for beginner readers who need an enthusiastic boost to develop their reading and printing skills. Participants will be instructed in letter-sound correspondence, sound blending, phonological awareness, and they will develop a sight word vocabulary.

Elementary Level

This program is most appropriate for children reading at the primary grade level. In each session, participants practice the foundational reading skills needed to increase reading fluency, comprehension and appreciation.

Social Skills Development: Saturday Afternoons from 1 to 3 PM

In a safe and welcoming environment, children receive explicit instruction in social interaction skills. Small groups give each participant the opportunity to practice appropriate eye contact, the use and interpretation of body language, sharing, turn-taking, and conflict resolution skills.

Pre-registration is necessary. Call Precious Minds NOW to reserve a spot for your child.



Financial Assistance

Precious Minds is a two-year-old charitable organization committed to help parents find resources for their child with barriers to learning and to provide financial assistance to make these programs and therapies a reality. We are not a business. Precious Minds activities are only possible through donations we receive from individuals, businesses, service clubs and other groups. Donations can be made at any time and tax-deductible receipts are provided. Parents can apply to our organization for funding to help cover the costs of programs and services to enhance the learning of the child. Financial applications are available on our website or through our office.

The Precious Minds Team

Sharon Butchart, Elisabeth Graham, Kristy Gridale, Laurie Noakes, Bonnie Noble, Lisa Simmonds, Sharon Simmonds, Stephanie Weddel

This publication is made possible through the generous efforts of Paul Huntington and the Lenbrook Group.