

Adult Support Group (ASG)

The ASG is a support group for adults who are living with a learning disability and/or AD(H)D. Its purpose is to support each other by sharing practical coping strategies, encouraging one another and celebrating successes.

The ASG meets monthly and offers a safe and confidential environment where you can meet others who face similar challenges.

TESTIMONIALS

“It is a safe place for me to express myself without the fear of being misjudged. I feel more confident and I am able to review my experiences to learn how to handle them better.”

Gloria Misanchuk, ASG Member

“The Adult Support Group is a cross section of the adult community with the common bond that we all have a learning disability and/or AD(H)D. It gives us an opportunity, in a comfortable environment, to vent our frustrations at the many difficulties that we encounter in our daily lives.”

Charles R. Norman, M.B. Ch.B. L.M.C.C.
ASG Member

Adults with Learning Disabilities can have severe Problems with ...

Reading and Writing

- They may have difficulty reading or understanding print.
- They may not like to get information by reading.
- They often have difficulty communicating by writing.
- They may have significant problems with spelling.
- They may have very poor handwriting due to poor motor control.

Listening and Speaking

- They may have difficulty distinguishing between sounds like “m” and “n”.
- They may have problems processing spoken language.
- They may have difficulty remembering spoken directions or instructions.
- They may mispronounce words.
- They may make grammatical errors when speaking.
- They may have difficulty finding the right word.

Remembering

- They may have problems storing and recalling information.

Interacting Socially

- They may have difficulty reading facial expressions and social cues and making friends.

Organizing Themselves, Staying Focused and Understanding Time Concept

Adults with AD(H)D can have problems with...

- Sitting still (constantly fidgeting).
- Sustaining attention.
- Impulsivity (Blurts out answers, interrupts often).
- Forgetfulness (problems with memory).
- Organization.
- Persisting at repetitive, uninteresting tasks.
- Completing jobs or assignments.

This list of problems/symptoms should not be considered exhaustive.

Individuals who have these difficulties do not necessarily have a learning disability and/or AD(H)D.

However, if you have several of these problems, you should consult a professional or the LDAM Resource Centre for further information.

**Learning Disabilities
Association of Manitoba
(Brandon and District Chapter)
129B 12th Street**

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Office Hours:

Monday to Friday
1:00 pm – 5:00pm

Website:

www.ldambrandon.org

**Suggested Readings at the
LDAM Resource Centre**

Women with Attention Deficit Disorder

- Sari Solden, M.S., M.F.C.C

Life Strategies

- Phil C. McGraw, Ph.D.

Driven to Distraction

- Edward M. Hallowell, M.D. and
John J. Ratey, M.D.

Attitude

The longer I live, the more I realize the impact of attitude on life.

Attitude, I think, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

The remarkable thing is that we have a choice each day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you, we are in charge of our attitudes.

Charles Swindell



The figures in the logo illustrate that learning disabilities occur in both males and females and that the severity of a disability can range from extreme (represented by the solid figure) to very mild (represented by the outlined figure). The raised hands on both figures symbolize a request for help, and the closeness of the figures reminds us that we are all dependent upon each other.

ADULT

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