

## Parent Support Group (PSG)

The PSG is a support group for parents who have children 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 PSG meets monthly and offers a safe and confidential environment where you can meet others who face similar challenges within their family.

## TESTIMONIALS

LDAM Brandon & District has continued to be a valuable resource in our community... As a Psychiatric Nurse involved in monitoring medication of students who are diagnosed with ADHD in the B.S.D. I have utilized the resources at LDAM myself and encourage parents to access the LDAM for educational material and support.

Elaine Morris, RPN

What a wonderful year! Thank you for being the little ray of light at our lowest point a little over 12 months ago. You were part of a community that changed our little girl's life.

Rheanne



## Children 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

### Children 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.

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

**However, if they have several of these problems, they should have a consultation with a professional or the LDAM Resource Centre for further information.**

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

**Mailing Address:**

129B 12<sup>th</sup> Street  
Brandon, MB  
R7A 6Y9

**Phone:**

(204) 727-4669

**E-mail:**

[ldambrdn@mts.net](mailto:ldambrdn@mts.net)

**Office Hours:**

Monday to Friday  
1:00 pm – 5:00pm

**Website:**

[www.ldambrandon.org](http://www.ldambrandon.org)

**Suggested Readings at the  
LDAM Resource Centre**

**Only a Mother Could Love Him**  
(My life with and triumph over ADD)  
- Ben Polis

**Keys to Parenting a Child with a  
Learning Disability**  
Barry McNamara Ed. D. &  
Francine McNamara M.S.W.C.S.W.

**ADHD Inspirational Poster**

**A**ttitude is everything. What is your attitude? The difference between success and failure all starts with a person's attitude. If you blame yourself for all your problems then you also have the ability to credit yourself for changing your circumstances and improving your life. If you blame others for your misfortunes, the odds are that you will not allow your attitude to change for the better. Since YOU have to live your life, improvement will be difficult to accomplish.

**D**esire is a yearning to seek answers and educate yourself. Without seeking knowledge in any endeavor, change is left to luck or chance, and is not in our hands. Luck, unfortunately for most, does not just come along. Luck is normally the outcome of hard work or significant life change we have dedicated ourselves to make. We make our own luck through our desire to learn all we can devour in the area of our life that needs improvement.

**H**ope is the innate knowledge that things will get better. WE may not know when, where or how, but we do know that it will happen. Loss of hope is easy to come by, almost anyone can give up hope. We have probably all given up hope, at least temporarily at some time in our lives. But if we are TRULY hopeful we know deep within our souls that with time, effort, and faith, hope will endure.

**D**etermination is "never giving up" on yourself or others. Hang in there, strive. Compete, don't accept the status quo. Determination is going on even when times seem desperate. It is letting go of problems and giving them up to a higher power and moving forward to a goal we wish to achieve. It should be the reason we get up in the morning. Be proud of your gifts and your limitations.

**Developed by Patrick Hurley**

ADD Coaching Clinic  
136 36<sup>th</sup> St. Drive SE #A-3  
Cedar Rapids, Iowa 52403  
(available for \$10. + \$4. Shipping)



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.

**PARENT**

**SUPPORT**

**GROUP**