

PARENT WORKSHOP SERIES



3 Weekly Sessions on Wednesdays
January 28 and February 4 & 11th, 2026



6:00-8:00pm EST



Virtual

Program is FREE
Full attendance is required

Who is the program for?

This program is for parents and guardians of students with learning disabilities and/or ADHD in Grade 7 or 8 in Ontario.

Overview

The Parent Workshop Series is a virtual, parent-only program consisting of 3 evening sessions. This program was designed by the Regional Assessment and Resource Centre (RARC) to support students with learning disabilities and ADHD as they transition from elementary to post-secondary school by providing programming to their parents/guardians.

Based on the parent component of RARC's long-running STEPS (Successful Transition from Elementary to Post-Secondary) program, the Parent Workshop Series will offer parents this same valuable content in a virtual format.

The goal of the program is to provide parents:

- Information and support to understand their child's experience and potential more fully
- Skills to navigate the school system
- Ability to provide timely and targeted support
- Support to know they are not alone



Parent Program Overview



Session 1

Exploring Neurodevelopmental Disorders

- Understanding these disorders
- Academic and socio-emotional impacts
- Self-knowledge and self-esteem



Session 2

Setting Up for Success

- Self-advocacy
- Accommodations and strategies
- Assistive technology



Session 3

Navigating the School System

- Understanding the IEP and IPRC process: purpose and impact
- Working with the school team

If you would like to participate in the Parent Workshop Series, please complete the registration form by January 16th, 2026. You can access the form using the link below.

<https://tinyurl.com/rarcparentprogram>

SCAN
the QR code to
visit our
website.



Contact Info



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Register TODAY!
Spots are limited.

