

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 linked online registration form](#) by January 9th, 2026.

SCAN
the QR code or
click the [link to
the webpage.](#)



Contact Info



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Register TODAY!
Spots are limited.

