



**Idays** • Learning Disabilities  
Association of York-Simcoe

*The right to learn, the power to achieve*

# SOAR Mindful Transitions Summer Richmond Hill Group



**REVISED  
CURRICULUM**

## Register Here

### **Group 1 Dates**

Tuesday, July 15

Thursday, July 17

**Time:** 1:00 to 3:00 pm

### **Group 2 Dates**

Tuesday, August 19

Thursday, August 21

**Time:** 10:00 am to 12:00 pm

*Space is limited.*

### **Pricing**

**\$150** for members

**\$200** for non-members

### **For More Information**

Isabel Khudr

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isabel.khudr@ldays.org

## **For Students**

### **IN GRADES 7 AND 8 IDENTIFIED WITH A LEARNING DISABILITY**

The SoAR program empowers students by providing them with the tools to develop skills and strategies for a successful transition into high school and beyond. With personalized 1-to-1 learning and interactive activities, participants can feel empowered to SOAR into their next life steps!

### **Learning Objectives:**

- Understanding LDs/ADHD and identifying learning styles.
- Develop self-advocacy strategies for success (i.e. review (I.E.P.) Individual Education Plan).
- Build executive function skills (i.e. organization, time management, etc.)
- Prepare for school assessments including tests, exams, and assignments.
- Cultivate skills for managing stress.
- Build confidence to facilitate an easier transition to high school.