

LEARNING DISABILITIES ASSOCIATION OF
WELLINGTON COUNTY



Stress Management for Parents Course (6 weeks)

Thank you to the
Rotary Club of Guelph-
Trillium for their financial
support for this workshop!

Fee \$60.00

Seating is limited! Advance
Registration required. Some
subsidized spaces available.

RSVP by phone (519)837-2050
or email info@ldawc.ca

Mail cheque to #233, 17A-
218 Silvercreek Pkwy N,
Guelph ON N1H 8E8

Parents of Learning Disabled or ADHD children may experience stress resulting from behaviours, guilt, fear for the future etc. Learn how to deal with this stress and make changes in your life from our instructor Christine Rickards, M.A. Christine is a Behaviour Consultant and has many years of experience working with families dealing with these issues.

Wednesdays 7:00-9:00 pm Oct 13– Nov 17/10.

Community Room, ARC Industries, 8 Royal Rd, Guelph
Dress Casually! Bring Water!

