



FOOTHILLS ACADEMY SOCIETY

CHALLENGING LEARNING DISABILITIES

GLOW Group for Girls with LD/ADHD (Therapeutic)

Does your daughter have symptoms or a diagnosis of LD and/or ADHD? Would she benefit from a safe place to share her challenges and concerns? Is she looking to meet other girls who are also struggling with similar experiences?

GLOW is offering a powerful new 8 week program designed for girls between the ages of 9-14 & 15-19 with LD/ADHD. Each session utilizes a GLOW Circle to promote discussion focused on the theme "The Girl Behind the LD/ADHD Mask". The program provides the girls with useful skills and introduces creative physical activity while simultaneously developing coordination for participants. Girls set personal goals to help them develop a resiliency and valuable self management skills. All aspects of the program are created to strengthen a girl's well being, nutritional choices and physical exercise with the ultimate goal of the developing a true sense of self. Each session incorporates **two** parent information sessions with the goal of sharing strategies taught in the GLOW classes. Support and direction as to how these strategies can be integrated at home will be the focus.

Foothills Academy- GLOW Group for Girls with LD/ADHD

9-14 year olds (Choose from two time options below)

Location: Foothills Academy

Day: Saturday

Time: 9:30 -11:30 am **OR** 1:00 -3:00 pm

Dates: Sept. 17 – Nov. 9, 2011 (no classes Oct 8 & Nov 12)

15-19 year olds:

Location: Foothills Academy

Day: Thursday

Time: 6:30 -8:30 pm

Dates: Sept. 22 –November 17, 2011 (no class Nov. 10)

Cost for full program: \$450 *Note:* These groups can be claimed as a psychological health service as it is clinical in nature and is being led under the supervision of a psychologist. It is also funded by FSCD (Family Support for Children with Disabilities).



To register, e-mail glowprogram@shaw.ca or call 403-220-9111

www.glowprogram.com