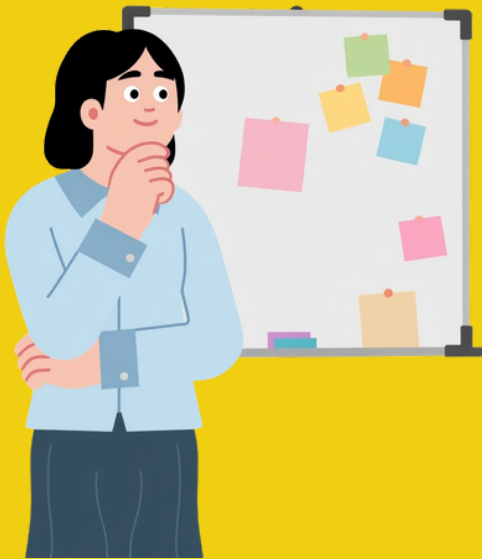


Sunbeam Presents: Virtual Workshop on

Executive Functioning

Presenter: Denise Burke

This workshop will look at mental skills that includes working memory, flexible thinking and self control. We use these specific skills everyday to learn, work and manage daily life. We will learn to identify challenges with executive functioning and how to implement strategies that can be useful in day to day situations.



Monday
October 5, 2026
10 am to 11 am

Register by:
October 2



Register online at
www.sdrc.ca/workshops-and-training/ or
Email: r.khanam@sunbeamcommunity.ca or
Call: 519-741-1121 ext. 2201