

Workshops Round 2

2-3:15pm

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| 2A | RAISING RESILIENT CHILDREN |
| <p>Presented by: Sherry Campbell M.A. RSW OACCPP(R) Sherry is a professional, dynamic speaker dedicated to sharing her experiences in an impactful, engaging style.</p> | <p>Sherry is our keynote speaker in the morning, and will continue with her message in this afternoon's workshop.</p> |
| 2E | HEALTHY RESILIENT MINDS MATTER |
| <p>Presented by: Sara Westbrook is a motivational speaker, singer and songwriter - creator of UPower concerts. Sara has performed her UPower concerts on Resilience and Respect to over 100,000 students across Ontario. Through her songs and personal stories she teaches youth to think and act beyond their feelings. Sara wants young people to know that they are not alone and that it is possible to bounce back from challenging times, as long as they have a set of life skills in their back pocket.</p> | <p>Through personal stories and songs, Sara Westbrook shares a Choice Making Formula that guides young people to think and act beyond their feelings so that they can choose to be Resilient, Confident and Respectful to themselves and others. When young people don't know how to release their feelings in a healthy way, it's easier for them to hurt themselves and others and to make rash decisions from their feelings</p> |
| 2L | ALL CHILDREN DESERVE TO REACH THEIR POTENTIAL IN LIFE |
| <p>Presented by: Lyn Smith Children's Poverty Action Network Coordinator</p> | <p>In this workshop Lyn will explain how CPAN along with partners and our community in general, work together to give every child the opportunity to reach their full potential, despite their socioeconomic status. CPAN believes that by eliminating the effects that child</p> |

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| | poverty has on our children that we can break the cycle of poverty. She will talk about their practical assistance programs, education (of why families end up in poverty) and the advocacy that they do at governmental and local levels. |
| 2M | POVERTY OF MENTAL HEALTH |
| Presented by: Rebecca Paulsen Wellness Lead (RCCDSB) | Poverty of mental health is best combatted by a rich focus on wellness. Students especially deserve an abundance of wellness – faith-based, mental and physical. This workshop will outline symptoms to watch for to identify poverty of mental health as well as a focus on maintaining an abundance of wellness for students. The most beneficial and effective strategy to support mental health is to identify warning signs and address issues early on. Developing strong, effective support networks, learning to practice and implement positive habits and disrupting cognitive distortions are a few of the very effective prevention measures to ensure happy and mentally healthy children. |
| 2N | COMPLACENCY – THE GREATEST THREAT TO CATHOLIC EDUCATION |
| Presented by: Carole Allen Project Manager – Friends and Advocates of Catholic Education | The FACE Project was started to: Boost confidence in Catholic Education within the Catholic community, Raise awareness of the good work of Catholic schools among policy decision-makers, Protect public funding and Inoculate Catholic Education against detractors. Participate in this workshop, and find out more of |

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| | what you can do to protect our Catholic Education System. |
| 2P | TUNING IN TO YOUR CHILDREN: STRENGTHENING RELATIONSHIPS AND DECREASING CONFLICT THROUGH TEMPERAMENT AWARENESS |
| <p>Presented by: Greg Lubimiv Executive Director, Phoenix Centre. Greg holds a Bachelor of Social Work from Laurentian University and a Masters of Social Work from the University of Toronto.</p> | <p>When we are in tune with our children's temperament and able to respond in a way, which incorporates their unique set of temperaments, it is called "Goodness of Fit". However, it is not uncommon for the temperament trait of a parent and a child to come into conflict and cause a disconnection for them.</p> <p>This presentation will focus on helping participants to understand temperament and how it comes into play in our relationships with our children as well as with others in settings such as home, day care or school. Participants will learn how to chart the temperament differences between themselves and their child and be provided with strategies to improve the "goodness of fit" which leads towards more healthy, positive relationships and better long-term outcomes for children. The charting as well as other strategies can be adopted by key figures in the child's life to decrease stress and conflict for all.</p> <p>Objectives-Participants will be able to: Understand what temperament and personality means and what it is not, identify the main temperament traits and what each trait means, utilize the temperament scale to evaluate goodness of fit, identify realistic goals in helping to</p> |

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| | improve the parent/child relationship, create effective strategies to foster goodness of fit between parent and child; teacher and child, etc. |
| 2Q | YOUR CHILDREN ARE GROWING UP: WHO WILL INFLUENCE THEM? |
| <p>Presented by: Teresa Hartnett Director of Family Ministry for the Diocese of Hamilton. She has degrees from McMaster and Brock Universities and a Masters in Religious Education from St. Augustine's Seminary through the University of Toronto. She is also certified in a variety of family and marriage programs. Her experience with numerous agencies and committees gives her extensive knowledge in faith, school, family, communication and parenting issues.</p> | <p>Our children depend on us to help them grow to their full potential. As parents we are called to be leaders and models for them during their childhood. This workshop will look at how you can be the one who influences your child's values, how you can open up dialogue with your children about issues they may be facing, how to help your child make good decisions as they grow in independence and how to talk to so your voice is a voice of influence.</p> |
| 2R | STRESSED OUT KIDS – STRESSED OUT PARENTS |
| <p>Presented by: Kate Jones B.A. (Psych/English) M.Ed. specializing in temperament, co-authorized an assessment tool and training guide based on temperament. For over a decade Kate has led numerous workshops in many schools and educational conferences.</p> | <p>This presentation explores specific stressors for each of the four behavioural types. Parents will learn what challenges each temperament deals with and what they can do to help alleviate some of the stress. We will also discover some general stress techniques parents can utilize themselves.</p> |

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| 2S | EMPOWERING YOUTH TO CHANGE THE WORLD |
| Presented by: Jessica Wilson Educational Programming Manager, Free the Children | This workshop will walk through Free the Children's empowerment model to help you Educate, Engage and Empower youth, no matter what their age. You will leave this workshop feeling inspired and equipped with the tools to help your children build empathy and make a positive impact in their local and global communities. |