How Far We'll Go

What we're Learning about Resilience, Community, and the Power of Connections

Summit Schedule

THURSDAY, NOVEMBER 15, 2018

8:30 am - 9:30am || **Doors Open**, Registration Begins, Breakfast

9:30am - 10:15am || Opening Remarks

10:15am - 10:30am || Break

10:30am - 12:00pm || **Keynote Address** + Q&A Period

Robert (Robbie) Gilligan
Professor of Social Work and Social Policy at Trinity College Dublin

12:00pm - 1:00pm || Lunch

Catered by Morning Glory Café
an initiative by Ray of Hope

1:00pm - 2:00pm || **Workshop Sessions (Thursday Session A)**

2:00pm - 2:15pm || Break, Travel Time

2:15pm - 3:15pm || **Workshop Sessions (Thursday Session B)**

3:15pm - 3:30pm || Break, Travel Time

3:30pm - 4:00pm || **Debrief and Networking**

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Summit Schedule

FRIDAY, NOVEMBER 16, 2018

8:30 am - 9:00am || **Doors Open**, Registration Begins, Breakfast

9:00am - 10:00am || The Resilience Project Research Showcase

10:00am - 10:15am || Break

10:15am - 11:00am || **Organizational Resilience Panel with Resilience Project Partners**

11:00am-11:15am || Break

11:15am - 12:00pm || **Building Resilience through Art Panel with Resilience Project Partners**

12:00pm - 1:00pm || Lunch

Catered by Morning Glory Café
an initiative by Ray of Hope

1:00pm - 2:00pm || **Workshop Sessions (Friday Session)**

2:00pm - 2:15pm || Break, Travel Time

2:15pm - 3:00pm || **Debrief and Networking**

Thursday Session A Workshops

THURSDAY, NOVEMBER 15, 2018 || 1:00 pm - 2:00 pm

For Youth by Youth: Mental Health Promotion

Presenters: Jessica Schumacher and Rebecca Pister (Canadian Mental Health Association Waterloo Wellington)

How involvement in mental health promotion increases resilience among youth team members.

Healing and Building Resilience: Tapping with Children and Teens

Presenters: Linda Stearns and Sarah Francis (Carizon Family and Community Services)

Using “Emotional Freedom Technique” (tapping) with children, youth and parents.

Stronger Together: Cultivating Community and Resilience in LGBTQ+ Communities

Presenter: Jasper Smith (ARCH & Guelph Pride)

An overview of local initiatives, focusing on peer-based and capacity building, to increase resilience among LGBTQ+ youth.

Developmental Practices to Support Readiness

Presenter: Larry Pasti (Forum)

Understanding readiness in children and youth to reduce inequities and promote resilience.

Helping Youth Grieve and Grow After Life Altering Events

Presenter: Kimberly Thomson (Rainbows For All Children Canada Inc.)

Providing youth with tools to manage their emotions and create a peer support network after they have experienced loss.

Kids Creating Change

Presenters: *Amanda Snyder and Tammy Hall-Stoll (Family and Children's Services of the Waterloo Region)*

How engaging children in giving back to their community promotes self-esteem, empathy and resilience.

Artistic Activities and Resilience in Refugee Children

Presenters: Audrey-Anne Brouillette Dumouchel and TBA, Muslim Social Services

Experiences from Music Therapy and Healing Through Art programs show how the arts can promote resilience in children.

Resilience Project Partner Note: Schedule subject to change

Thursday Session B Workshops

THURSDAY, NOVEMBER 15, 2018 || 2:15 pm - 3:15 pm

Breaking Barriers: The Importance of Safe, Caring, and Inclusive Environments in Fostering Resilience Within Families

Presenters: Amanda Griffin and Justin Small, KidsAbility

Ways to create a safe, caring and inclusive environment for the families you work with.

Working toward Resilience: The CARE to Work Pathways Study

Presenter: Dr. Jill Stoddart (Family and Children's Services of the Waterloo Region) and Professor Robbie Gilligan (Trinity College, Dublin)

Results from an international study on supporting former youth in care to find and keep employment.

Best Practices to Support Development and Social Emotional Learning

Presenter: Larry Pasti (Forum)

Learning best practices in six domains of social emotional learning and ways stories can be used to engage youth.

Reflecting on our Past to Build Stronger Connections for the Future

Presenters: Darlene Forsyth and Tammy Hall-Stoll (Family and Children's Services of the Waterloo Region)

Caregivers reflect on their own childhood relationships and trauma to see how these elements affect their own parenting and learn to build better attachment relationships with their kids.

Building Parental Resilience in Widowed Families: Overcoming the Top Five Challenges

Presenter: Marny Williams (Hummingbird Centre for Hope)

Strategies for supporting grieving parents as they seek to support their grieving children.

Mindfulness: Stress Management Skills for Everyday Life

Presenters: Ahren Steinman and Amanda Snyder (Family and Children's Services of the Waterloo Region)

Using mindfulness techniques for both parents and children to manage stress and become more resilient.

Are you Living the Q-Life?

Presenter: Darren Steeves (Vendura Wellness)

Results of a research study and project to increase resilience among youth; includes tools used to build resilience and evaluation approaches.

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Connecting Parents: A New Approach to Parenting Education and Support

Presenter: Diane McGregor (KW Counselling Services) and an experienced parent

How connecting parents with more experienced parents can lead to mutual learning, growth, and support, and build resilience.

Socially Resilient: Managing the Darkness of Social Media

Presenter: Tim Campbell (Relation Media)

How social media – often a negative force – can be used to reinforce personal and community resilience.

Building Resilience through S.M.I.L.E.S (Simplifying Mental Illness Life Enhancement Skills)

Presenters: Darlene Forsyth and Gavin Sharma (Family and Children's Services of the Waterloo Region)

How giving children tools and information to deal with mental illness in their family can enhance resilience.

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