

NATIONAL CHILD DAY

National Child Day is the day when people across the country take time to celebrate Canada's most precious resource: our children! It is a day to remember that children need love and respect to grow to their full potential. It is a day to marvel at the uniqueness of children and all they have to offer. It is also a day to celebrate the family and think about how adults affect the development of all children close to them.

National Child Day (November 20th) was proclaimed by the Government of Canada on March 19, 1993 to commemorate the United Nations' adoption of two landmark documents – The United Nations Declaration on the Rights of the Child (1959) and The United Nations Convention on the Rights of the Child (1989). Both documents are concerned with the basic human rights to which all children and youth are entitled, including the right to health, the right to play, the right to participate and have a voice in matters that affect them, and an opportunity to reach their full potential.

The Convention on the Rights of the Child also refers to the family as the fundamental group of society and the natural environment for the growth and well-being of its members, particularly children. The Convention further states that children should grow up in a family environment, in an atmosphere of happiness, love, and understanding.

OBJECTIVES

The National Child Day Forum, hosted by Healthy Child Manitoba with government and community partners, has become a tradition in which community partners from across the province are provided an opportunity to gather for two days of networking and learning together about the healthy development of our children and the well-being of families.

Manitoba family resource centres provide an invaluable source of support for many parents and children in our province. This year's forum, Every Family Matters, focuses on celebrating and supporting the work that is being carried out by these, and other community organizations, to provide a range of accessible, high-quality, family-focused programming.

The goals and objectives of National Child Day Forum 2016 are to:

- offer professional development to managers and front-line workers who are providing family-focused programs through family resource centres, parent child coalitions, family rooms in schools, etc.
- identify best practices for implementing family-focused programming
- acknowledge the strengths inherent in families and communities in Manitoba
- highlight the importance of collaboration and partnerships
- provide opportunities for networking and learning from one another

PLANNING COMMITTEE

- **Sophia Ali** – St. Vital Parent Child Coalition
- **Sharron Arksey** – Healthy Child Coalition, Central Region
- **Mélanie Brémaud** – Coalition francophone de la petite enfance
- **Robyn Chase** – Fort Garry/St. Norbert Healthy Child Coalition
- **Catherine Cooke** – Healthy Child Manitoba, Manitoba Education and Training
- **Alana Dauphinais** – Wings of Power Community and Family Resource Centre
- **Laura De la Rosa** – Mosaic - Newcomer Family Resource Network
- **Echo Finlay** – Churchill Parent Child Coalition
- **Kathleen Gagné** – Public Health Agency of Canada
- **Linda Godin-Sorin** – United Way of Winnipeg
- **Shelley Jonasson** – Healthy Child Manitoba, Manitoba Education and Training
- **Renee Kastrukoff** – The Pas Family Resource Centre
- **Dilly Knol** – Andrews Street Family Centre
- **Marianne Krawchuk** – United Way of Winnipeg
- **Sharon Krysko** – Child and Family Services Division, Manitoba Families
- **Lisa Lacroix** – Public Health Agency of Canada
- **Sukhy Mann** – Family Dynamics
- **Stephanie Mathies** – Families and Communities Together (FACT) Point Douglas Coalition
- **Debra Mayer** – Early Childhood Education Unit, Manitoba Education and Training
- **Sharon Taylor** – Wolseley Family Place
- **Dawn Wood** – Aboriginal Education Directorate, Manitoba Education and Training

SCHEDULE

Day 1 – November 16

- 7:30-8:30 Registration and continental breakfast
- 8:30-9:00 Welcome
- Masters of Ceremonies
 - Opening Prayer - Elder: **Debbie Cielen**
 - **Hon. Ian Wishart**, Minister of Education and Training
- 9:00-10:30 **Keynote: Dr. Michael Ungar**
I Still Love You: Nine Things Troubled Kids Need from their Parents, Caregivers, and Community Service Providers
- 10:30-10:45 Refreshment break
- 10:45-12:00 **Keynote: Kevin Lamoureux**
Truth, Reconciliation and Education
- 12:00-1:00 Lunch
- 1:00-2:30 **Workshop Presentations A**
- 2:30-2:45 Refreshment break
- 2:45-4:15 **Panel Presentation: Ordinary Magic with Extraordinary Impact (the unique role of family resource centres)**
- Opening by William Whyte Community School Dancers
 - **Dilly Knol**, Andrews Street Family Centre
 - **Carol Billett**, Family Dynamics
 - **Charlene Picard**, family resource centre participant
 - **Jenilee Lengyel**, Ruth Betts Community School, Flin Flon
- 4:15 Closing of Conference Day 1

Day 2 – November 17

- 8:00-8:30 Registration and continental breakfast
- 8:30-9:00 Welcome
- **Bramwell Strain**, Deputy Minister of Manitoba Education and Training/CEO of HCMO
 - **Kim Resch**, Manager, Public Health Programs
- 9:00-9:30 Welcome and **For Every Family** Initiative,
Speaker: **Kathy Knudsen**, United Way of Winnipeg
- 9:30-10:45 **Keynote: Monique Gray-Smith**
Fostering Resiliency with Indigenous Children and Families
- 10:45-11:00 Refreshment break
- 11:00-11:10 Energizer with **Michelle Johnson**, Fit Kids Healthy Kids
- 11:15-12:00 **Panel Presentation: Social and Health Equity in Practice**
- **Kim Resch**, Public Health Agency of Canada
 - **Karen Kost**, Mrs. Lucci's Resource Centre
- 12:00-1:00 Lunch
- 1:00-2:30 **Workshop Presentations B**
- 2:30-2:45 Refreshment break
- 2:45-3:45 **Workshop Presentations C**
- 3:45-4:00 Closing Remarks
- 4:00-4:15 Closing Prayer
Elder: **Debbie Cielen**

MASTERS OF CEREMONIES

Sharon Taylor is the executive director of Wolseley Family Place and has been in this position for the past 19 years. She is an accomplished leader, adept at developing and guiding diverse teams to deliver holistic and comprehensive services and programs in the not-for-profit sector. Sharon has worked in the sector for approximately 25 years. She received her honours degree in sociology from the University of Manitoba, as well as a diploma in social work and has studied at the University of Winnipeg, University of Saskatchewan, Brandon University and Concordia University. She has certificates in Community Development and Community Capacity Building, Collaboration and Partnerships, Managing and Leading in the Non-Profits and Participative Management. Sharon has been involved with various national advisory committees on topics such as governance of community-based organizations, volunteer management, homelessness and food security. Sharon has received a number of awards for her work with women and children, such as the Queen's Diamond Jubilee Award.

Karen Kost has bachelor degrees in arts, human ecology and education. She began working with elementary school-age children in a program called English Language Enrichment for Native Students in 1991. During this time, it became apparent that the children were coming to school without the necessary language skills to ensure success. Conversations with their parents revealed they had experienced significant gaps and barriers to accessing supports and education. In 1998, with help from the elementary school and public health, a grant was secured from Human Resource Development Canada (Service Canada) to educate and empower unemployed youth between the ages of 15 and 29, the mothers of Karen's students. Now, 18 years later, Mrs. Lucci's Resource Centre has expanded to provide a variety of programming and supports for people with various barriers in life. Karen notes that, "the majority of our knowledge and expertise comes from the wonderful women who allow us into their lives."

OPENING PRAYER

Debbie Cielen, Good Talking Turtle, is employed as the Elder/director of Indigenous Spiritual Care Services at FASD Life's Journeys Inc. Debbie has 26 years of experience working with individuals and families impacted by Indian Residential Schools.

KEYNOTE PRESENTATIONS

Wednesday, November 16



Dr. Michael Ungar is the Canada Research Chair in Child, Family and Community Resilience at Dalhousie University, and among the best known writers and researchers in the world on the topic of resilience. His work has changed the way resilience is understood, shifting the focus from individual traits to the interactions between people and their families, schools, workplaces, and communities. As both a family therapist and professor of social work, he has helped identify the most important factors that influence the resilience of children and adults during periods of transition and stress. He is the author of 14 books that have been translated into five languages, numerous manuals for parents, educators, and employers, and more than 135 scientific papers. Dr. Ungar's immense influence comes from his ability to adapt ideas from his research and clinical practice into best-selling works like

Too Safe For Their Own Good: How Risk and Responsibility Help Teens Thrive; and *I Still Love You: Nine Things Troubled Kids Need from their Parents*. His blog, *Nurturing Resilience*, appears on Psychology Today's website. Dr. Ungar is also the founder and Director of the Resilience Research Centre, where he co-ordinates millions of dollars in research in more than a dozen countries. Dr. Ungar regularly provides consultation and training to organizations like the World Bank, UNESCO, and the Red Cross. He is the former chair of the Nova Scotia Mental Health and Addictions Strategy, executive board member of the American Family Therapy Academy, and a family therapist who works with mental health services for individuals and families at risk. In 2012, Dr. Ungar was the recipient of the Canadian Association of Social Workers National Distinguished Service Award for his outstanding contribution to clinical work with families and communities.

I Still Love You: Nine Things Troubled Kids Need from their Parents, Caregivers, and Community Service Providers

How can we show children we genuinely care about their welfare, even when they push us away? How do we make children more resilient when they are angry, self-harming, anxious, abusive or delinquent? In this story-filled presentation, Dr. Michael Ungar provides nine practical strategies parents, caregivers and community support workers need to help young people of all ages heal, no matter a child's emotional, psychological or behavioral problems. Based on material from his new book (*I Still Love You...*), his clinical practice and his research around the world, Michael will share what families and service providers have taught him about the power of resilience and how we can facilitate its growth. Be prepared for an inspiring presentation. Michael's words will help participants understand the importance of the everyday heroics that change children's lives, even when children's parents, caregivers and service providers are frustrated and unsure what to do next.



Kevin Lamoureux is the associate vice president Indigenous Affairs, at the University of Winnipeg. He comes to this role having served as an award-winning course instructor for the University of Winnipeg, the University of Manitoba, and several other post-secondary institutions. He is a well-known public speaker, writer, and co-host of the popular podcast, *The Frank and Kevin Show: In Colour* (a free, sometimes funny resource on topics of Indigenous education and politics). Kevin served as co-chair for the Provincial Task Force on Educational Outcomes for Children in Care in 2015 and his writing and reports have been featured in the *Winnipeg Free Press*, *Grassroots News* and many academic journals. He has been seen on local television (including APTN and CBC news), heard around the world through his podcast (downloaded in over a dozen different countries), and has given presentations around the globe (e.g., Australia, Thailand, Europe, the United States and throughout Canada). Kevin was named Scholar in Residence and

Divisional Day Speaker for the Seven Oaks School Division, Diversity Coach for Sunrise School Division, and Divisional Day Speaker for St. James School Division. He works closely with education authorities across the country. He has consulted for government, justice, philanthropy, and clients throughout the private sector. Kevin Lamoureux is working towards his PhD in the University of Manitoba's Wellness and Sustainability cohort. He works closely with schools throughout Manitoba in support of Aboriginal education and the inclusion of Aboriginal perspectives, and enrichment and talent development, as well as working with troubled and disengaged students. He is the recent recipient of the Aboriginal Circle of Educators' Honouring Our Ways award, the Robin H. Farquhar Award for Excellence in Contributing to Self-Governance (nominated by his colleagues), the University of Winnipeg's Merit Award, the International Centre for Innovation in Education (ICIE) Young Scholar Award, and the University of New England's Merit award for outstanding academic performance. As the associate vice president of the University of Winnipeg, Lamoureux is working in partnership with many to nurture safe space for Indigenous learners and knowledge.

Truth, Reconciliation, and Education

Canada is moving into an age of reconciliation, in which our nation's citizens have the opportunity to fully embrace values of social justice, equity, and integrity as we reclaim our true identity as a country. The Truth and Reconciliation Commission offered Canada 94 Calls to Action as a roadmap towards true reconciliation. Many of these recommendations centred upon education as a means of creating empathy, understanding and righting historical wrongs. Across the country today, educators at all levels are exploring ways to build in Indigenous histories, perspectives and experiences in a way that moves beyond tokenism into authentic learning—learning that empowers learners to create change. This keynote will focus on Treaties and the Treaty Relationship here in Manitoba as we continue along this journey towards truth and reconciliation.

KEYNOTE PRESENTATION

Thursday, November 17



Monique Gray Smith is a mixed-heritage woman of Cree, Lakota and Scottish descent and is the proud Mom of twelve-year-old twins. She is an award-winning author, international speaker and sought-after consultant. Monique has been running her business, Little Drum Consulting, since 1996. Her career has focused on fostering paradigm shifts that emphasize the strength and resiliency of the First Peoples in Canada. Monique's strong understanding of education has led her to work as the Executive Director for Aboriginal Head Start Association of British Columbia and the national aboriginal advisor for Roots of Empathy. Her leadership in the field of Aboriginal education led her to create a resource called *The Ripple Effect of Resiliency: Strategies for Fostering Resiliency with Indigenous Children*. Monique's first published novel, *Tilly: A Story of Hope and Resilience* won the Canadian 2014 Burt Award for

First Nation, Métis and Inuit Literature. Her first children's board book, *My Heart Fills with Happiness*, has been on the British Columbia bestseller list since being released in February 2016. Monique is being touted as one of the up-and-coming Canadian authors to read. She is well-known for her storytelling, spirit of generosity and focus on resilience. Monique has been sober and involved in her healing journey for over 25 years.

Fostering Resiliency with Indigenous Children and Families

This keynote will provide an opportunity to reflect on our role in fostering the resilience of the children and families we work with. The presenter will take participants on a journey through history, exploring some of the key elements of Canadian history that can influence the wellness of children and families. Through an introduction to the 4 Blankets of Resiliency: 1) strong sense of self; 2) family; 3) community; 4) culture, language and connection to the land; participants will leave with new tools to support their work.

PLENARY PRESENTATION

Wednesday, November 16

Ordinary Magic with Extraordinary Impact

Family resource centres offer a wide range of programs and services for families, with a strong focus on relationship building, empowerment, capacity building and respect for diversity. Due to this holistic, strengths-based approach, family resource centres are uniquely positioned to respond to community needs. In this plenary, leaders from Manitoba family resource centres will discuss innovations, successes, challenges, and lessons learned, with particular focus on: how to make all families feel welcome and included in programming, how to determine and address community needs, and how partnerships with other organizations in the community strengthen service delivery.

Dilly Knol is a Metis Woman who comes from a family of 16 children born and raised in Manitoba. In her mid 30s, she went to the University of Manitoba's off-campus for four years and obtained her bachelor of social work degree. Since her graduation in 1990, Dilly has been working in the North End. She worked as a community/school coordinator for six years, and, in 1996, began working as the executive director of Andrews Street Family Centre. She has been working alongside the community for over 20 years.

Carol Billett has been with Family Dynamics Inc. since 1982. She is the clinical supervisor of six family resource centres operated by Family Dynamics. In her spare time, Carol has been actively involved in developing community organizations.

Charlene Picard is a member of the Manitoba Housing community at 394 Keenleyside Street. She is an active participant at the family resource centre there, and will be presenting on what the centre provides and what it means to her, her community, and her neighbours.

Jenilee Lengyel has been working as the parent child programmer in the community family room at Ruth Betts Community School for four years. She was born and raised in Flin Flon and currently resides at Denare Beach with her four children and husband. She is a certified educational assistant which includes training in observation skills and record keeping, helping children learn in a school setting, human development, working with exceptional children, developing capable people, working with challenging behaviors, learning and language, and cross cultural awareness. She worked in this field for eight years before becoming the parent child programmer. In the last four years, while working in the school's family room, she has been certified in Bookmates, Triple P Parenting Program, Traditional Parenting, and Handle with Care, a children's mental health program. Currently, she is working on receiving a certificate in the Family Support Network Mentorship Education Program.

PLENARY PRESENTATION

Thursday, November 17

For Every Family

– A Partnership Initiative in support of Family Resource Centres in Winnipeg

For Every Family is a collaborative initiative with the intent of enhancing the capacity of family resource centres in responding to complex needs of children and families. The funding collaborative believes the everyday magic provided by family resource centres can be transformational in making a real difference in supporting families. For Every Family is founded upon the belief that a strong, connected network and enhanced access and services in family resource centres strengthens families, and, by extension, our community as a whole.

Kathy Knudsen is vice president, Community Investment, of United Way of Winnipeg. United Way of Winnipeg works closely and proactively with community, government, labour and business leaders to create and leverage strategies for investment and impact towards a better Winnipeg. Kathy began her career as a Public Health Nurse, working with children and families in inner Winnipeg. She has an MPA from the University of Manitoba / University of Winnipeg and is a graduate of the York University Schulich School of Business's Masters Certificate in Municipal Leadership.

Social and Health Equity

The theme of the forum Every Family Matters—challenges us to ensure that all children and caregivers have access to programs and supports to be, or to raise, healthy children. Not all Canadians have an equal opportunity for optimum health. This requires specific strategies to ensure meaningful participation of families who face many challenges in their lives, as well as barriers to relevant programming. The session will highlight the concepts and principles of health equity and social determinants of health, and how they provide the underpinning to community-based programming such as the supports and activities of family resource centres. Tangible examples of how Mrs. Lucci's Resource Centre—a family resource centre in rural Manitoba—identifies and responds to community and participant needs using the lenses of the determinants of health and Maslow's Hierarchy of Needs, as well as findings from the National Longitudinal Survey of Child and Youth will be provided. Also, the importance of taking a comprehensive, holistic approach to well-being and individualized planning will be discussed. Mrs. Lucci's operates from the philosophy that the client owns their journey, and, as a community-based organization, the centre's role is to support and walk beside clients while they navigate their struggles and barriers.

Kimberley Resch has been an employee of the Public Health Agency of Canada for 19 years and as the manager of public health programs in Manitoba, works to advance health inequity issues and concepts in Manitoba and across Canada. The Public Health Agency of Canada provides resources, research and funding to address the public health needs of Canadians. The agency's grants and contribution programs are in place to reach those Canadians who are facing health inequities and issues of national concern. These programs fund community organizations to support those negatively affected by the determinants of health concerning issues such as healthy pregnancy, healthy child development, HIV, Healthy Living, etc. Of particular relevance to the Every Family Matters Forum, is the agency's Canada Prenatal Nutrition Program, the Community Action Program for Children, the Aboriginal Head Start Urban and Northern, as well as the FASD program. The Public Health Agency of Canada funded the first Family Resource Centres in Manitoba in 1995.

Karen Kost [see bio under Masters of Ceremonies]

WORKSHOP PRESENTATIONS - A

Wednesday, November 16, 2016

1pm – 2:30pm

A1 - Location: Ambassador 2

Tough Conversations:

Nurturing Resilience when Young People's Problems are Very Complex

Do you ever feel that your work with young people and their families avoids tough conversations about race, gender, sexual orientation, ability, where one lives, and exposure to violence? Or that young people's problems are so complex that therapy never has a chance to build momentum because caregivers are too stressed to get themselves or their kids to sessions? This presentation will include many case examples and theory, and will explore concrete ways we can make young people and their families more resilient, especially when the places they live are socially, emotionally, or physically dangerous. Participants will discover how to use a real-life social ecological 'map' to engage young clients and their families more fully with services. The presenter will discuss how to build a mutual contract to achieve useful goals that are personally and culturally meaningful to the child and family. As well, this workshop will explore how to help young clients and their parents successfully transition their success in programming at a family resource centre back to their real-life situation by dealing with the complex barriers they experience.

Dr. Michael Ungar [see bio under keynote]

A2 - Location: Ambassador 4

Evaluation

Sharing the Success - Family Resource Centres working together to demonstrate their impact through evaluation

United Way of Winnipeg has been working with 24 family resource centres in Winnipeg to develop a common evaluation framework to be implemented and reported on for three years. This initiative will enable us to tell a more specific story about the larger impact that family resource centres have on Winnipeggers. As a result of these discussions, United Way increased its focus on family resource centres, and is now working to create a formal network with shared services, evaluation plans, and learning opportunities. Through meetings, emails, and a secure online portal, an evaluation framework with common outcomes and indicators was developed. This presentation will highlight the collective process, and what was learned along the way.

Presenter: United Way of Winnipeg

The Value of Investigating Social Impact

How do we best demonstrate the depth and breadth of the impact that our programs have on individuals, families, communities, and maybe even on society as a whole? Social impact measurement is a relatively new area in program evaluation, but it can add valuable perspectives and encourage gentle shifts in our data gathering, how we interpret results, and how we work together for the common good. This presentation will provide an overview of social impact analysis and Social Return on Investment (SROI) as evaluation methodologies by highlighting the experiences with a study conducted for Family Dynamics' Breakfast/Walking School Bus program. This program provides a nutritious breakfast to almost 50 children in a subsidized housing community every day, and then ensures that the children are walked the mile to school by volunteer parents, come rain or shine or icy winter weather. That alone is worth the investments. But the true impact goes much farther than that!

Margerit Roger, M.Ed., is a consultant in program planning and evaluation. She has designed and delivered a wide range of workplace training, adult education, and train-the-trainer programs for industry, labour, government, post-secondary institutions, and community groups. She approaches program planning and evaluation as a collaborative and strategic process, and so she looks for programming opportunities that result in personal and collective change. Her latest focus is on refining evaluation processes that investigate the social impact of non-profits working with under-resourced populations.

A3 – Location: Ambassador E

Inclusion of Families and Children with Disabilities

Empowering Exceptional Families

This presentation will focus on strength-based and power-sharing approaches, and shifting our perspective on “disability” and differences. As well, from a family perspective, how can organizations integrate the feeling of safety and understanding into our resource sharing and programming? Empowering families by including them in many areas of decision-making and allowing feedback throughout our work/learning will be discussed.

Angela Taylor is the executive director and the founder of Inspire Community Outreach, which supports the mental health of youth and families with multiple barriers. She has a bachelor of arts degree, as well as her post baccalaureate in education with a focus on inclusion. Angela is currently enrolled in the Disability Studies Masters program at the University of Manitoba. She has worked in social services for nearly 15 years, alongside families that include a child with a difference. She raises four children with her husband, two of which are considered by society to have “disabilities.”

Early Childhood Support: Lessons Learned for Effective Collaboration

The presentation will focus on how St. Amant Autism Programs partners with families and various community agencies and professionals (e.g., medical professionals, clinicians, other supportive agencies) to help support early childhood programming in our community. The presenter will share a description of how St. Amant Autism Programs supports families, various strategies that it uses when collaborating as part of a support network, and describe skills that contribute to effective collaboration. The philosophy behind an applied behavioural approach to early childhood learning, some specific strategies involved in this approach and how these strategies may be adapted to fit the needs of a particular family will be discussed.

Brendan Boehr is a Board-Certified Behaviour Analyst (BCBA) from rural Manitoba. He graduated from the University of Manitoba with a BSc. (hons) in psychology in 2008, and later moved to sunny Florida to get a dual master of science degree in applied behavior analysis (ABA) and organizational behavior management (OBM) from the Florida Institute of Technology, in 2014. Brendan has been providing behavioural support to families, children, youth, and adults with developmental disabilities and autism since 2005. He has practiced ABA in Manitoba, Florida, and Washington state and has filled many roles, including autism tutor, senior tutor, behaviour technician, behaviour analyst, graduate teaching associate, and independent contractor. Brendan currently serves as the coordinator of clinical education and training in St. Amant's Autism Programs. In this role, he collaborates with community partners to deliver presentations and workshops on topics related to autism and ABA. Brendan also facilitates parent training workshops, and Triple P Positive Parenting (Group Stepping Stones) sessions with parents of children diagnosed with autism.

Society for Manitobans (SMD)'s Children's Recreation and Leisure Program

How are SMD's children's recreational activities inclusive to families? How does sledge hockey become a family program with benefits for both children and parents through atmosphere or participation? SMD's Children's Recreation and Leisure program has become one of the largest providers of adapted programming in Winnipeg. Our vast experience in areas of inclusion, disability awareness and adapted sport ensures consumers participate to their ability.

Bill Muloin is the supervisor for Recreation and Leisure services at SMD. He has been employed there for 14 years and has served over 3,000 individuals over this time period. Programming includes a grassroots/developmental sledge hockey program, electric wheelchair floor hockey, a summer program that serves over 100 children and youth of all abilities, and the Recreation and Leisure program in Brandon, Manitoba. The main philosophies of this program are: inclusion, be all you can be, physical literacy, and participation.

Heather Hiscock is a Training Coordinator at SMD in Winnipeg. After graduating with a bachelor of arts in honours therapeutic recreation at the University of Waterloo, Heather began working with children and older adults with disabilities, specifically focusing and specializing in the area of increasing active living opportunities. Heather develops and delivers experiential disability awareness workshops to people of all ages in schools, businesses and workplaces. Her role at SMD also includes being an active member of the United Way in-house campaign. In addition, she is a Manitoba Access Awareness Week steering committee member, an active volunteer within the non-profit sector, and an Aquatic Fitness Instructor. When she isn't working Heather can often be found swimming laps at the pool, planning her next vacation or attempting a DIY project (usually from something she found on Pinterest).

A4 – Location: Ambassador G

Domestic Violence and Addictions

Learning Through Play for Grownups

The New Realities program (Wolseley Family Place) works with approximately 200 participants per year, offering four workshop series, advocacy, and individual support for men and women. Participants keep coming back as they evolve and choose new pathways and new realities to work toward. Games, experiential learning activities, participant stories, and videos will be used to explore program concepts such as compassionate connection, vision, values related to an awareness of trauma, change, and comprehensive family support. The presenters will affirm the importance of supporting parents in their role of ensuring solid support for the early childhood development of children, and explore strategies for the development of family-focused programming that is readily accessible to families. The presenters will encourage trust in the strength inherent in families and communities. The essence of networking as a means of ensuring comprehensive support of children, parents and families will be discussed.

Pamela Mason facilitated the New Realities program from 2008 to 2011 and from 2015 to 2016, and was responsible for much of the current program content and form. New Realities is a Wolseley Family Place program that has been offered since 2006. The program has continually evolved over the years, as participant response informed program development.

Melissa Perron joined the New Realities team in 2016, bringing a fresh perspective and keen energy. New Realities is a Wolseley Family Place program that has been offered since 2006. The program has continually evolved over the years, as participant response informed program development.

Working with Women to Promote Healthy Families

This presentation will describe the programs offered by North End Women's Centre, including the addictions ongoing recovery program, counselling program, and Health and Wellness Program. As well, how the programs relate to and impact families will be discussed.

Tracy Plett has been working in the helping field for the past 15 years and with North End families for last 10 years. She is currently a counsellor at North End Women's Centre working with women experiencing mental health, addictions, domestic violence and trauma.

Sylvia Hazlehurst is an Addictions Community Support Staff with the North End Women's Centre. She has been with the centre for over a year. Sylvia attended the University of Manitoba, and also graduated from the CDI College's Addictions and Community Service program.

Empowering Community by Building on Strengths

What does resiliency look like when working with vulnerable, disempowered and oppressed families? The presentation will focus on how Wahbung Abinoonjiiag operates from a strengths-based model and this model's benefits. Participants will gain an understanding of historical trauma and how to respond to the needs of families utilizing a trauma-informed practice and care model. Implementing a spiritual caregiving strategy for staff and families and the impact of having a culturally-appropriate approach will be discussed. As well, the presenter will share information about Wahbung's person-centred, child-focused approach in which women first are stabilized to better prepare them to address the needs of their children. The need for collaboration and systems mobilization to enhance and better streamline resources will be discussed.

Nikketa Campbell is a Program Manager at Wahbung Abinoonjiiag Inc., a violence prevention centre in the urban and inner-city neighborhood of Winnipeg. Her understanding of community work is extensive, as she has been working in the non-profit sector for over 10 years, both in frontline and management positions. Nikketa's educational background is in project management. What makes Nikketa feel passionate about her work is not only caring for others, but also seeing how resilient families are and their ability to accomplish anything they set to their mind to when provided with the right tools and resources. Nikketa has been working with Wahbung for over four years and during this time has identified a need for more community consultation, to look at strategic ways of fostering strong partnerships, and to collaborate to better streamline services for families. Nikketa believes that families need to own their plans; by providing inclusive programming and meeting families where they are at, together we are creating solutions to break the cycle of violence.

Tina Robinson has been the women's resource worker at Wahbung Abinoonjiiag Inc. for the past year. She has a bachelor of arts degree and applied counsellor certificate. For the last 12 years, Tina has worked with at-risk youth in group homes, high conflict and domestic violence family programs and as a residential care worker with an AFM addictions treatment facility. As the Women's Resource Worker, Tina works closely with the women and children attending programming. Her role includes intake, facilitating the women's program, advocacy and counselling.

A5 – Location: Ambassador K

FUNdamental or How to Clean an Amygdala Affective Filter

“Fun is good.” – Dr. Seuss

Have you noticed that programs and practices for children have to have some kind of measurable objective or goal? Have you noticed that what used to be typical for a vibrant childhood are now workshop topics? Have you noticed either a decline in the quality of children's programs or that they are mediocre at best? Why? It is the presenter's belief that we have forgotten the point of our work with children; that we have forgotten that we are really all here for a good time, and that fun must be at the heart of everything that we do with children, families and coworkers. This interactive workshop will explore, through discussion, stories, activities and songs, the attitudes we hold about the value of fun, why fun is necessary, the types of fun available, how fun has a profound impact on learning, and identifying the barriers to fun.

Marc Battle is a musician, playground designer and an early childhood education instructor at Red River College.

A6 – Location: Ambassador I

Raising a Healthy Eater

This workshop will focus on what children's caregivers can do to support lifelong healthy eating, and the impacts their statements about eating have on children. Participants will learn about the Ellyn Satter model of Division of Responsibility in Feeding. As well, the presenter will discuss the developmental stages in feeding during the first year, and nutritious food and menu ideas for this period. Participants will be encouraged to look at their own values, ideas and biases regarding eating.

Cheryl Ogaranko is a Registered Dietitian who has worked in public health for 25 years, with a focus on maternal and child health. Throughout those years, while raising her own two daughters, she learned that nutrition is a major concern. One of Cheryl's goals is to help parents and their children develop a healthy relationship with food.

A7 – Location: Ambassador J

Connecting with the Strengths of our Peoples: Youth Suicide Prevention in First Nations in Manitoba

This session will look at a self-determination approach to youth suicide, focusing on: (1) protective factors and resiliency, (2) working with non-indigenous programs and services, (3) supporting First Nations community protocols, and (4) empowering youth /cultural identity. The presentation will also provide examples on suicide prevention—more specifically the Youth Health and Wellness Initiative at the Assembly of Manitoba Chiefs Youth Secretariat (YS)—and what others are doing in our region to promote life for First Nations youth.

Carla Cochrane is the regional youth coordinator for the Assembly of Manitoba Chiefs Youth Secretariat. She is Ojibwe and Cree from Fisher River Cree Nation with roots in Sagkeeng First Nation. She has worked in the area of youth health and wellness (suicide prevention) for the past seven years. Through this role, she has been able to work as an event co-ordinator, community coach, workshop facilitator, youth counselor, and public speaker. Carla has dedicated her time on working to the betterment of First Nations youth. She is determined to create positive change in their lives by encouraging them to follow their dreams, all the while leading by example.

A8 – Location: Ambassador D

Immunization and Oral Health

Immunization: Get the Facts, Common Questions and Misconceptions

Common barriers to immunization and strategies to overcome vaccine hesitancy will be explored in this workshop. The presenter will discuss effective ways to deal with challenging situations, address fears and answer tough questions. Participants will learn successful communication techniques to deal with vaccine-hesitant parents, and discuss vaccine safety. As well, participants will be provided with information on reliable websites and helpful resources related to immunization.

Marjolyn Caton has over 19 years of experience as a registered nurse, with eight years as a public health nurse. She has proven clinical expertise in communicable diseases and immunization services. Her keen interest in immunization led her to the role of lead for school-based immunization services in the Seven Oaks community area for several years. More recently, she was privileged to lead a year-long project that aimed to increase early childhood immunization rates in neighborhoods with historically low immunization rates. In this project, barriers to and facilitators of early childhood immunizations were explored through community engagement and consultation, and a ground-breaking innovation was the provision of immunizations in a grade-one school setting. Marjolyn has a strong passion for immunizations and welcomes any opportunity to address fears and misconceptions related to vaccines and vaccine safety.

Healthy Smile Happy Child: Engaging Communities in Early Childhood Oral Health

Healthy Smile Happy Child (HSHC) is an intersectoral, collaborative partnership that takes an upstream community development approach to engage communities in early childhood caries (ECC) prevention strategies and promotion of early childhood oral health. ECC, also known as early childhood tooth decay or cavities, is a destructive, yet preventable, form of tooth decay in young children, particularly those living in disadvantaged populations. Manitoba experiences excessive demand and wait times for pediatric dental surgery under general anesthesia. This burden and the need for effective prevention and sustainable oral health promotion strategies led to the development of the HSHC partnership. The objective of the workshop will be to build capacity in participants so that they can teach their own communities about the importance of early childhood oral health (ECOH). The workshop will focus on the following: ECC and risk factors, how ECC can be prevented, the Healthy Smile Happy Child (HSHC) Initiative, key take-home messages and HSHC resources.

Daniella DeMaré has been the Healthy Smile Happy Child (HSHC) project coordinator since 2014. She has worked in public health and community nutrition for over 20 years, conducting workshops, producing educational resources and conducting research with First Nations, Metis and Inuit communities. As a non-dental professional, she exemplifies HSHC's focus on training service providers and community members to disseminate key oral health messages in the context of overall health and well-being. HSHC is a well-established, intersectoral partnership that includes a multidisciplinary team of clinicians, regional health authorities (RHAs), decision-makers, communities, health providers, and professional groups. The partnership encompasses members from Manitoba Health, University of Manitoba, Health Canada (First Nations and Inuit Health Branch), Public Health Agency of Canada, Manitoba Dental Association, and Manitoba's five RHAs.

WORKSHOP PRESENTATIONS - B

Thursday, November 17

1pm – 2:30pm

B1 – Location: Ambassador D

The Ripple Effect of Resiliency

This workshop is an extension to Monique Gray Smith's keynote and will provide opportunity for self-reflection, questions, and dialogue, all designed with the intent to deepen learning. The presentation will begin with an overview on how stress & trauma impact a child's wellness and why we may see various behavioural disruptions and challenges in attachment. Participants will deepen their understanding of history in Canada and how this history continues to impact Indigenous children and families, and will be introduced to traditional teachings in regards to the raising up of children. We will delve further into the 4 *Blankets of Resiliency*, with opportunity to explore how each blanket might be used to strengthen family resource programs in connecting with and serving Indigenous children and families.

Monique Gray Smith [see bio under keynote]

B2 – Location: Ambassador 2

Helping the Anxious Child: Supporting Parents in Helping their Children

Participants in this workshop will become familiar with the prevalence of anxiety problems in children, risk factors for anxiety problems and common patterns of anxiety. Approaches to the treatment of anxiety problems in children will be explored, including Coaching for Confidence, which is an approach to support parents in helping their children. The presenter will discuss key areas for work in overcoming anxiety, common parenting dilemmas and online resources for parents and those who support parents.

Dr. John Walker is a professor in the department of Clinical Health Psychology at University of Manitoba. He has worked, for many years, helping children, parents, and adults overcome anxiety problems. He is especially interested in self-help approaches to treatment. John is a parent of two children and also enjoys spending time with his grandchildren. He is co-author of a book focused on health anxiety titled: *Treating Health Anxiety and Fear of Death* (2007) and a self-help book for adults titled: *Triumph Over Shyness: Conquering Shyness and Social Anxiety* (2009). John and his colleagues are working on a web-based program to support parents of anxious children in helping their children to overcome limitations caused by anxiety. The Coaching for Confidence program is currently being evaluated in a study involving parents from around Manitoba. He and his colleagues have also developed brief information sheets to support parents in managing screen time, encouraging healthy eating, healthy exercise, good sleep habits, and healthy friendships.

B3 – Location: Ambassador E

Promoting Early Literacy with Parents and Caregivers

Promoting Family Literacy in the Home

Bookmates provides family literacy skills training to communities throughout Manitoba in partnership with other community agencies. The organization's purpose is to support and empower families to use community strengths to learn and grow together through intergenerational activities and programs. This session, presented by Bookmates, will focus on providing participants with practical skills and strategies for use in their centres. The presenter will define literacy and family literacy and explain why these concepts are so important. The essential parts of a family literacy program will be discussed, along with suggested strategies for involving families in family literacy opportunities in the community. Plain language resources, such as rhyme booklets and activity suggestions, will be provided for participants to share with families for use in the home.

Nancy Tovell has a wide range of experience in facilitating workshops, with a focus on sharing strategies, tools and resources to support those working with families and young children. She graduated from the University of Manitoba with a bachelor of commerce (honours) degree and spent several years travelling five continents and collecting a million special memories. Included in these memories are working with early childhood education programs in London, England, as well as creating spontaneous "language sharing and literacy sessions" from Bodrum, Turkey to Cape Town, South Africa.

Dolly Parton's Imagination Library

Dolly Parton's Imagination Library sparks a lifelong love of reading by mailing a free book each month to children from birth until they turn five. The books are delivered directly to a child's mailbox. The program can be replicated in a community by finding a champion or sponsor to cover the cost of books, which is \$3.55 per book per child including postage. There are 92 Imagination Libraries in Manitoba, which includes all First Nations, Metis communities and many others. This year, the program is celebrating its 10th anniversary in Canada.

Presenters: **Debbie Doell** and **Dorothy Derksen** - Winkler Family Resource Centre

B4 – Location: Ambassador G

Ethics and Boundaries when Working in Small or Insular Communities

In this panel presentation, Sina Romsa will provide an introduction to the Manitoba Child Care Association's (MCCA) four part ethics series: Best Choices, including a brief summary of core concepts of the series. Tough choices versus ethical dilemmas and the importance of perspective will be explored. Debbie Majeau will speak about how working in a small town can be rewarding and challenging all at the same time; in small communities there is an opportunity to truly bond with the families and co-workers and, by the same token, it is necessary to learn where and how to set boundaries. Debbie will discuss how to deal with families in a confidential or delicate environment when you know them in the outside environment, maintaining boundaries when working with or managing friends, reassuring clients and/or families that confidentiality will be maintained and how to separate work and personal life.

Sina Romsa is one of the originators of the MCCA ethics series. After more than 30 years in early childhood education (ECE) and various community services, Sina recently retired from co-ordinating, developing and teaching the ECE program at Red River College.

Debbie Majeau has worked in the field of child care for 25 years. She grew up in a small town in rural Manitoba and began her childcare journey there. She later went on to work in and run a daycare in Winnipeg for eight years before moving back to a small town with her husband and children where they currently reside. Debbie has an early childhood educator III with a specialization in child day care management and Aboriginal studies. She also has a diploma in developmental services. In her role as executive director of Wings of Power Family and Community Resource Centre, Debbie was responsible for supporting families in need of support and in crisis, overseeing staff in many programs, developing programming (e.g., parenting programs, programs for adults with developmental disabilities). She sat on a number of community boards and committees including parent-child coalitions, northern health and wellness committees, inter-agency committees, etc. Currently, as executive director of Little Wings Preschool, Debbie is directly responsible for developing preschool programming, supervising staff and children, and networking with other agencies and professionals.

B5 – Location: Ambassador 4

Supporting Families with the Abecedarian Approach

The Abecedarian Approach is an internationally recognized early childhood intervention program focusing on vulnerable children from birth to age 5. It has been the subject of numerous research studies, and is regularly cited in child development literature as one of the most effective programs for improving long term health, social, and academic outcomes of vulnerable children. In January 2012, Red River College, Healthy Child Manitoba, Manitoba Early Learning and Child Care, Manitoba Housing, and Manidoo Gi Miini Gonaan embarked on a multifaceted project to bring this intervention into early childhood programs in at-risk communities. This session will first provide an overview of the Abecedarian project in Manitoba, highlighting the international body of research and the early findings from the Manitoba intervention. It will then explore how Manidoo's family home visitor uses Abecedarian to support families through individual and group sessions, coaching, and daily interactions.

Melanie D'Souza is a faculty member of the Research Department, School of Health Sciences and Community Services, at Red River College. She has been involved with the Abecedarian project in Winnipeg since January 2012, providing training and support to child care centres implementing this approach as part of a larger research initiative.

Carly Sass is the centre supervisor/ECE II/home visitor for Manidoo Gi Miini Gonaan's Lord Selkirk Park Child Care Centre. She has been working in child care for the past 16 years. Carly started working as a child care assistant at Stony Mountain Child Care Centre. In 2004, she enrolled into the ECE Workplace Program at Red River College, and graduated with an ECE diploma in 2006. She started working at Manidoo in January 2012 as centre supervisor/ ECE II, implementing the Abecedarian Approach with the preschool children ages two to five years. In March 2012, Carly received training from Dr. Joseph Sparking and Kimberly Sparling in the Abecedarian Approach. She became the home visitor for the centre in January 2014. Carly currently works alongside 19 families and their children, providing daily support including home visits, education on the Abecedarian Approach, and helping families access services. To help parents have a better understanding of the Abecedarian Approach, Carly teaches a parenting class one Saturday a month open to all parents who have children enrolled at Manidoo's Lord Selkirk Park Child Care Centre.

B6 – Location: Ambassador I

Building Bridges: Fostering an Appreciation of Diversity

Nurturing Relationships Between Indigenous and Newcomer Youth and Their Families

Rossbrook House is a 24 hour inner-city drop-in centre serving mainly Indigenous children and youth. The Immigrant and Refugee Community Organization of Manitoba (IRCOM) provides housing for newcomer immigrant and refugee families and, like Rossbrook House, offers a variety of programs and activities to support and develop capacities in children and youth. Over the last six years, Rossbrook and IRCOM have recognized the power of building positive relationships between their agencies and discovering simple and meaningful ways for children and their families to interact. The presenters will use this experience to illustrate the value of bringing people into positive relationships – building trust, respect and a collaborative spirit; and the value of a strength-based approach when working with children, youth and each other. As well, the impact of relationship activities on breaking down stereotypes, fears and other barriers to a healthy community will be discussed. This relationship building has created as important a foundation as the cement poured for a newcomer residence (IRCOM 2) that will soon open its doors in the Centennial Area, just down the street from Rossbrook House.

Phil Chiappetta has made Rossbrook House his life's work over the last 36 years, helping to develop Rossbrook into a respected institution serving children and youth in the community. Phil has served in a variety of roles at Rossbrook House, most importantly working directly with youth for his first 20 years. Now, as the Executive Director of Rossbrook House, Phil deeply appreciates his role developing relationships with other agencies and causes that serve children, youth and their families.

Shereen Denetto has worked for close to 30 years as a social worker, community developer, community-based researcher and manager. She has worked with women, low-income communities, youth and newcomer refugees and immigrants. At IRCOM, Shereen has been strongly committed to nurturing relationships with local partners, and to working toward the common goal of building resilient, inner-city neighbourhoods – safe and inclusive spaces that everyone can call home.

Play it Fair! Toolkit; Inclusion, Respect, Fairness, Acceptance and Cooperation

Play It Fair! is an innovative program implemented in day camps and after school programs across Canada that increases understanding of human rights, respect for diversity and peaceful conflict resolution among children aged 6 to 12. This unique approach succeeds because the children are having so much fun that they don't even realize they are learning! The presenter will discuss the premise of the program, how to use the toolkit, and explore the core values and the fundamental principles represented in the games. This interactive session will also engage audience members in playing a couple of games from the Play it Fair! Toolkit.

Karen Lambert is currently a Community Liaison Worker within the Louis Riel School Division and is based out of Archwood School. Previously she worked for the Boys and Girls Clubs of Winnipeg as a community support worker. She also managed the Sister MacNamara club site. The organization nationally adopted the Play it Fair program 10 years ago. Karen has delivered the workshop to employees, Community School Investigator (CSI) Summer Learning Enrichment Program staff, students and agency partners for eight years.

B7 – Location: Ambassador J

Commit to Kids – Helping Organizations Prevent Child Sexual Abuse

Commit to Kids (C2K) is a program of the Canadian Centre for Child Protection. It is a step-by-step program that helps child-serving organizations create safe environments for the kids in their care. C2K gives organizations the tools to create policies, procedures and employee codes of conduct to reduce the risk of child sexual abuse and create safe environments. The C2K training is designed for individuals who are working with children, either through employment or on a volunteer basis. Participants will learn about child sexual abuse, grooming and disclosure. As well, participants will learn about the critical role that healthy boundaries play in protecting children and youth.

Noni Classen is the director of education for the Canadian Centre for Child Protection. The Centre operates Cybertip.ca, Canada's tipline for reporting the online sexual exploitation of children; a child and family advocacy division; and national prevention programs. Over the past 14 years, Noni has been the lead developer for three national prevention programs and for training to reduce the risk of child sexual abuse and exploitation. Prior to her work with the centre, she spent 10 years working as a resource teacher in Manitoba, specializing in programming for youth with trauma experiences. Noni presents at both the national and international level on the issues of child sexual abuse and sexual exploitation

B8 – Location: Ambassador M

Rural and Northern Best Practices

The presenters will share their experiences of offering family resource and parent-child programming within the context of rural and northern areas of Manitoba. They will focus on the opportunities, challenges, and inherent strengths of their communities, both unique and universal. Implementation of best practices, while maintaining a balance between one's professional and personal lives, will be discussed.

Sharron Arksey is the coordinator for Healthy Child Coalition – Central Region. Before taking on this role in 2011, she served for five years as a family resource and child care representative on the Central Region steering committee. She has extensive experience in the provision and promotion of quality early childhood education in rural, remote and Indigenous areas at both the provincial and national levels. A Ryerson journalism graduate, Sharron has written for local and regional publications on specific issues relating to the rural experience.

Karen Kost [see bio under Masters of Ceremonies]

Echo Finlay has been the coordinator for the Churchill Parent Child Coalition for the past eight years, and part of her job is to run the community's Family Centre. Echo loves the north and living in a small community where family life is strong. She is a "northern girl," born in Churchill into a large Metis family. She lived all over Saskatchewan and Alberta as a child, but made the decision, along with her husband, to move home to Churchill to raise their three kids: ages 18, 10 and 8.

WORKSHOP PRESENTATIONS - C

Thursday, November 17, 2016

2:45pm – 3:45pm

C1 – Location: Ambassador 4

Why Dads Matter? Engaging Dads in Family Resource Programs

What are you doing as a practitioner to help parents understand the important role fathers and other positive male role models play in the healthy outcomes of their children? What does your agency do to help encourage father involvement within your programs? This workshop will give family resource practitioners an opportunity to: take stock of what they do presently to encourage father involvement; gain ideas on how to create change within their organizations on father involvement; collect ideas and receive resources on how to engage fathers in their programs; discuss information about the importance of father involvement; and receive resources that can help fathers to be effectively involved in their children's lives.

Carmen Paterson-Payne is a Nobody's Perfect Parent Program (NPP) master trainer and the Manitoba provincial coordinator. She chairs the Public Health Agency of Canada NPP training standards committee and is an active member of the evaluation and steering committees. Carmen is also a program developer and adult learning facilitator. Her experience and background in early childhood development and adult education complements her work today with family resource practitioners. Carmen has delivered many workshops for a variety of organizations and conferences across Canada; in fact, it was while presenting at the 2015 FRP Canada (Family Resource Programs of Canada) National Conference, that the Canadian National Father Involvement Network (renamed Dad Central Canada) approached her to

become an advocate with the organization. Since then, Carmen has delivered the My Dad Matters Toolkit training across Manitoba to hundreds of participants and now sits on the Dad Central Canada Education Committee. Carmen is also a Dad Central Manitoba Network representative, and is creating a network of local practitioners, policy makers, dads and other interested people in father involvement initiatives.

C2 – Location: Ambassador D

Access Benefits – Improve Lives

Income is a powerful determinant of health and educational opportunities that are strongly linked to good health for children and their families. It is time to treat poverty like any other major health risk. Canadians have access to a network of provincial and federal benefits that address income and health. Facilitating access to benefits requires filing of income tax and health benefits often require authorization from doctors. In this session, we will report on results from work done by Community Financial Counselling Services and SEED Winnipeg to facilitate filing of income tax, getting identification for clients, and accessing programs. In Manitoba, with colleagues in Toronto, we have developed the Treating Poverty Toolkit as part of the Get Your Benefits! project. It is used by health care providers, community agencies, school counsellors and social workers and for use in medical education. This booklet and website linkages will be available at this session. Discussion with the audience will focus on actions to facilitate access to benefits and identify barriers to federal and provincial programs.

Sally Massey Wiebe is a graduate of the University of Manitoba, and holds a bachelor degree from the Faculty of Human Ecology, department of Family Social Sciences with a major in Family Resource Management. She also holds the designations of certified counselor under the Bankruptcy and Insolvency Act and Accredited Financial Counselor Canada (AFCC). Sally began working with Community Financial Counselling Services (CFCS) as a financial counsellor and financial literacy educator in 1988. Her years of experience with consumers of all age levels and financial circumstances point to the importance and impact of tax filing and accessing resources and benefits to empower people to improve their lives and help them work to achieve financial well-being. Sally is a member of the Manitoba Financial Literacy Forum Advisory Council, a volunteer tax preparer with the Community Volunteer Income Tax Program (CVITP) and a facilitator for the United Way of Winnipeg's *Living on the Edge* Poverty Simulations.

Jenn Bogoch first came to SEED in 2003 as a participant in a matched savings program, later joining the staff in 2005. Jenn studied sociology and urban studies at the University of Winnipeg as well as graduating with honours from the Community Development/Community Economic Development Program at Red River College. Jenn has over 15 years of experience delivering a wide variety of community programs, including 10 years with SEED's Asset Building Programs. Jenn currently manages SEED's Access to Benefits program, working with an amazing team of co-workers and a variety of partner organizations to bring financial empowerment to as many people as possible. With over seven years of practical experience running programs to support families to access benefits, Jenn has a deep understanding of the barriers that many families living on a low income face.

Dr. Sharon M. Macdonald is an associate professor in the Department of Community Health Sciences, Max Rady College of Medicine, Rady Faculty of Health Sciences at the University of Manitoba. She has been involved in health services to remote areas, Indigenous health, public health and health services delivery systems in Winnipeg and across Manitoba since 1973. Her work with the Get Your Benefits project in Manitoba aims to use health sciences education opportunities regarding the social determinants of health and action within the healthcare system to improve patients' access to benefits available to Canadians.

C3 – Location: Ambassador E

Babysitting and Home Alone Skills Training Workshops as Early Intervention and Community Development

How old should my child be to stay home alone? At what age can you babysit? These are important and sometimes controversial questions for parents juggling responsibilities and childcare challenges. In Manitoba the law states a child under 12 may be in need of protection if left unattended. Children must not only be old enough but they must also have the skills, knowledge and confidence to plan ahead and to handle situations that may arise. South Winnipeg Family Information Centre has developed two programs to help families prepare their children for these responsibilities. At this workshop, participants will learn about Basics for Babysitters and Ready Set Solo. Through interactive learning, these two programs provide students with the skills to prevent dangerous situations, handle emergencies, care for themselves and other children, and feel confident. The programs incorporate pre-employment and pre-parenting skills to prepare students for their future roles in the workforce and as parents. Discover how you can bring these programs into your community or organization through free training opportunities.

Tricia Robinson, B.A., M.A. is the executive director of South Winnipeg Family Information Centre (SWFIC), a United Way-funded family resource centre located in the Fort Garry area of Winnipeg. SWFIC has been providing babysitter training programs for over 30 years. The program was developed by SWFIC and is a grassroots “made-in-Manitoba” program. This past year, 1,432 students were trained through 19 workshops on site and 67 workshops at schools and community locations across Winnipeg. In the spring of 2016, SWFIC was invited to provide our babysitting workshop to students in Little Grand Rapids First Nations community. In addition to facilitating babysitter training workshops, Tricia has been involved in family programs for over 15 years—leading parenting programs, parent-child centre activities, and facilitator training workshops. She is a certified family literacy practitioner (Vancouver Community College, 2011).

C4 – Location: Ambassador G

Supporting Perinatal Mental Health in your Community

This interactive discussion will provide attendees with a place to discuss their concerns about perinatal health challenges facing new parents in their community. Discussions will focus on risk factors and ways that community programs and services can help promote mental health during the perinatal period.

Erin Bockstael is a health educator with the Women’s Health Clinic. She works in the area of Maternal Health and Wellness, and is based out of the Winnipeg Birth Centre. She was previously a facilitator, offering community support groups for expectant or new parents. Currently, she offers training for people interested in facilitating the Coping with Change program.

C5 – Location: Ambassador 2

Social Media for Non Profits: Marketing, Promotion and Engagement

Every day, more and more non-profits are discovering the value of being active on social media. Having a social media presence can be an excellent way to market and promote your non-profit, and it’s free! Attend this workshop to learn the basics of social media for non-profits (Facebook, Twitter, Instagram, etc.) and how your organization or group can utilize these tools to better communicate with your members, other groups and the community at large. We will touch base on the importance of developing a strategic marketing and promotions plan for your organization and how social media platforms can get you the results you want.

Dawn Bourbonnais is Volunteer Manitoba's manager of communications & outreach. She oversees internal and external communications, manages the website and referral services, and is responsible for increasing awareness of Volunteer Manitoba's mission – to encourage and promote volunteerism across the province. She also manages Volunteer Manitoba's social media profiles. Prior to working for Volunteer Manitoba, Dawn spent 13 years working in the not-for-profit and arts sector, most recently in the music and film industries. She is a communications specialist with a talent for interpreting what others mean to say and what some want to hear. Dawn has also managed volunteers for many festivals and community events held in Winnipeg, and is especially fond of the volunteers at the Jazz Winnipeg Festival (whom she has been managing since 2004).

C6 – Location: Ambassador I

Starting Early Starting Strong: A Guide to Play-Based Learning in Manitoba

In Manitoba's parent-child programs and family resource centres, children start early and strong when they play. In this one-hour workshop on the importance of play-based learning for ages 0-6, the *Starting Early Starting Strong: A Guide to Play-Based Learning in Manitoba* will be explored. Participants will be invited to consider how their approach and the programs they offer match up to these recommended practices, and how to work towards continuity of experience for children whether they are learning and playing at family programs, child care facilities, nursery or Kindergarten. In this session, participants will be encouraged to reflect on how this resource can support them in their work with children, families, colleagues and the communities they serve. Take away many great ideas shared by Manitoba's ECD community.

Debra Mayer, MA, ECE III is an early childhood consultant with Manitoba Education and Training, where she promotes a play-based pedagogical approach to literacy, numeracy and the Kindergarten curriculum. With over 35 years of experience in the early childhood field, Debra has worked within the non-profit and public sectors, taught for both the University of Winnipeg's Faculty of Education and for Red River College's ECE Program, and worked as an early childhood educator, director, and nursery school teacher. Debra has facilitated workshops and offered keynotes that have inspired and energized early childhood folks in every province of Canada and the Yukon, as well as the US, Israel and Jamaica.

C7 – Location: Ambassador J

Accessing and Using Information on Evidence-based Programs and Resources

This presentation will look broadly at tools that allow programs/practitioners to access information on evidence-based programs/resources and ways to adapt and implement them.

Kiri Shafto has been working in public health since 2003 when she was hired to map mosquito larval development sites for Manitoba Health. She started working with the Public Health Agency in 2006 to work specifically in immunization surveillance and was placed with Manitoba Health and First Nations and Inuit Health in Winnipeg. She continued to work with the First Nations and Inuit Health Branch as a public health officer, and her role expanded to surveillance beyond immunization and vaccine preventable diseases and into HIV and STIs. Most recently, her work as a public health officer led her to Klinik Community Health where she developed tools to embed the social determinants of health in decision-making and to integrate concepts of trauma-informed practice across organizations. Kiri now works with the Manitoba/Saskatchewan Regional Office of the Public Health Agency of Canada in stakeholder engagement and knowledge mobilization.

C8 – Location: Ambassador M

Moving Together, Confident Role Models Build Confident Kids: The Beginning of a Physical Literacy Journey

This workshop is an active session that will show participants a variety of games, activities, and formats to use when working with toddlers and preschool children in promoting active play. Designed to discuss physical literacy and fundamental movement skills, this workshop will provide practical knowledge that will work for any group or parent looking to put an end to sedentary behavior in their child or the children they work with. It will help build participants' confidence to get kids out of their seats and on the path to an active-for-life attitude.

Michelle Johnson is a graduate from the University of Manitoba's bachelor of physical education program. She has over 16 years of experience working with children and youth in a variety of community development initiatives and educational settings. An experienced player and coach herself, Michelle is a supporter of Long Term Athlete Development. She truly believes that the Active Start and Fundamental stages are the foundation for initiating a child's physical literacy journey. Her message to everyone is that with the proper instruction and guidance there is an athlete in every child, recreational or competitive, and that learning the basics through a holistic fun approach to physical activity can lead to an active-for-life attitude.

