



# The Halton Resource Connection

*Partners in Professional Excellence*

## SCHOOL AGE PROFESSIONAL LEARNING DAY



**Friday, October 25, 2019**

**New Apostolic Church  
4209 Palladium Way, Burlington**

**New  
Venue**

**9:30am to 2:00pm**

**THRC Member: \$55, Non-Member: \$65 (Includes lunch)**

**Registration Deadline: October 10, 2019**

## REGISTRATION - 9:30AM

### MORNING SESSION: 10:00am - 11:30am

#### KEYNOTE SPEAKER: THE POWER OF ONE

You have everything it takes to impact a child's life for the better. You do it every day. Join Mary Tabak from Halton's Our Kids Network, to explore the power of your personal strengths during what is often the most challenging times of day for children. Let's reflect, discover and have some fun celebrating the power of one when you are building meaningful relationships with children in your life.

*Mary Tabak is an Our Kids Network (OKN) Project Manager with 30 years of experience in the area of positive child and youth development. Mary specializes in Developmental Assets and other strength-based approaches when working with children, youth, families and professionals. A strong believer in the power of collaboration and "keeping it real", Mary attempts to create space in programs and resources where we can learn from each other. She has presented internationally through conferences and has hosted her own "Parent Coach" radio program. Mary enjoys a good Netflix binge but can also be found "learning" life's best lessons from her 3 children.*



### LUNCH & NETWORKING- 11:30am - 12:15pm

*Choose one of the following choices as your afternoon session.  
Availability will be based on a first come first serve basis.*

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### AFTERNOON SESSIONS - 12:15pm - 1:45pm

#### SESSION ONE: CHANGE YOUR RELATIONSHIP WITH ANXIETY THROUGH THE PRACTICE OF YOGA

This session will bring awareness to our stress, anxiety and how to change the relationship through wellness strategies and yoga. This highly engaging experience will leave participants with the following learning outcomes:

- Increased sight as to how to differentiate stress from anxiety
- A deeper understanding regarding the presentation of anxiety as a symptom of other underlying emotions
- Enhanced knowledge regarding the subtypes of anxiety and how they show up in life (the signs)
- A wider understanding as to the reasons yoga is an essential component for managing anxiety
- An in the moment-hands on yoga flow to use within the workplace (either for themselves, teams and/or the children they serve)

\* No yoga mat required, but comfortable blanket encouraged (something they would realistically bring into the workplace). If participants have a yoga mat already they are invited to bring it. Casual clothing encouraged. \*

**Facilitator: Angeliqe Benois, BA, MScN, RYT - Nurturing Our Well-Being**



## SESSION TWO: SELF REGULATION

This session uses the work of Dr. Stuart Shanker and the MEHRIT Centre to focus on defining “self-regulation” and will provide theory and strategies to help adults support children’s developing skills in self-regulation. With a better understanding of the brain and body response to stress in relation to self-regulation, parents and caregivers will learn to shift from simply “managing” behaviours to *understanding* what’s underneath a behavior and facilitate the child’s ability to regulate.

**Facilitators: Erin Takagi, RECE BA - Mental Health Consultant and Lindsay Chiasson, RECE OCGC ABS**

## SESSION THREE: CONVERSATIONS WITH CAREGIVERS

Relationships are one of the most important aspects of successful courageous conversations. Developing a positive relationships with caregivers is critical in providing the best care possible for the children in your programs. Sharing sensitive information is better received and processed when there is a sense of caring, honesty and trust between the parties.

In this session we will talk more about building positive relationships with caregivers and how to have courageous conversations when you have concerns. Together we will engage in a facilitated discussion to exchange ideas, contribute perspectives, ask questions, and make meaning of new ideas, information, and resources. This session will include tips to consider resources you may find helpful as you fill your cup with courage. Be yourself, be authentic, and be prepared.

**Facilitators: Wendy Pavao, RECE, BAsC. EC - Manager, Children’s Inclusion Services, Community Living Burlington & Christina Wood - General Manager of Inclusion Services for Children, YMCA of Hamilton/Burlington/Brantford**

**WRAP UP - 1:45pm**

Register online at  
**thrc.ca**

If you need assistance, please contact:  
905-875-4600 ext. 110 or  
email: [serenal@thrc.ca](mailto:serenal@thrc.ca)



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