

Newfoundland and Labrador Foster Families Association

Annual Symposium
June 1-3, 2018

Meeting Children's Needs... Back to Basics

Ramada Hotel
Kenmount Road
St. John's

Friday: Opening Ceremonies

Saturday: Annual General Meeting, Workshops, Banquet

Sunday: Breakfast and Keynote

Comments from former participants

"I look forward to the Symposium all year long - the weekend is a wonderful blend of fellowship, support, learning, and fun!"

Nicole Shuglo, Foster Parent

"In the last six years, I have been working primarily with Children in Care and Foster Homes in all capacities (including foster home approvals and investigations) and I can honestly say the symposium provided me with information that I can carry and use for the remainder of my career.

I can't wait to come again this year.

Jayne Lee Butler, Social Worker

*"Attending the symposium is a great opportunity for self-care!
I look forward to meeting new people with similar experiences, catching up with old friends and having a weekend to relax and take care of me! I wouldn't miss it and encourage everyone to take advantage of this wonderful opportunity!"*

Evelyn Walsh, Foster Parent

Hope to see you there!



Meeting Children's Needs... Back to Basics

June 1-3, 2018

Registration Form

Name _____ Phone # _____

Address _____ E-mail _____

Foster Parent _____ Social Worker _____ Other (please specify) _____

Registration Deadline is May 21, 2018 (No refunds after May 24, 2018)

Please indicate everything you will be attending.

Friday, June 1st

7:00 pm _____ Opening Ceremonies

Saturday, June 2nd

Note: Please select either the full day workshop **OR** the two half-day workshops.

9:00 am – 4:30 pm _____ Parenting in the 21st Century (**full Day**)

9:00 am – 12:15 pm _____ Emotional Safety - Where Everyone Feels Connected (**half day**)

1:45 pm – 4:30 pm _____ Permanency: What it is and Why it is so Important (**half day**)

12:30 pm – 1:30 pm _____ Annual General Meeting and Lunch (**everyone can attend**)

7:00 pm _____ Banquet, Keynote and Entertainment

Sunday, June 3rd

9:00 am – 10:30 am _____ Breakfast and Keynote

Please specify any special dietary restrictions/allergies (airborne or ingested): _____

Regular Registration Fee: \$50.00 per person, Early Registration Fee: \$45.00 per person
Early Registration Deadline: Post-marked by April 30th, 2018

Workshop and Presenter Overviews

1. Parenting in the 21st Century (full day workshop)

If you are finding this generation of children and adolescents particularly challenging to parent, this interactive workshop can offer some assistance. Information will be provided on how society has changed over the last 30 years, and the role that technology has played in that. We will highlight trends in the mental health of children and adolescents, and promote self-reflection amongst participants. Join us to learn more about how you can help the young people in your care, and yourself, in navigating today's technology-based world.

Hazel Russell, MSW, RSW, is a clinical social worker with Child and Adolescent Mental Health and Addictions, Outpatient Psychiatry located in the Janeway Hospital. Hazel supports a team approach in meeting the needs of young people and welcomes the opportunity to be involved in community functions such as the Foster Families Symposium.

Dr. Sandie J Cook, PhD, RPsych, is a psychologist with Outpatient Psychiatry at the Janeway Hospital. She is especially passionate about the topics of parenting, family functioning, anxiety and Obsessive-Compulsive Disorder. She appreciates opportunities to share her knowledge and passion about the field of mental health with people in the community, and is looking forward to returning to the Foster Families Symposium this year.

2. Emotional Safety - Where Everyone Feels Connected

In this workshop you will learn how and why foster families and social workers need to create connected, compassionate, and calm relationships with children and adolescents. You will learn why it is so important to focus on respectful and empathic relationships to help children manage the day to day stresses of their complex lives. Best practices and trends that are changing the way we need to address emotional awareness in the lives of this generation of children will be discussed. Emotional safety is vital to the mental health of our entire community, including children, families, and practicing social workers. Our front line community has the potential to be the buffers necessary for the toxic stress levels we are seeing in children and families. When spaces are truly emotionally safe – everything can change for the better.

Lisa Pinhorn has over 25 years of non-profit community work, public speaking, and is an advocate for children and their families. Lisa holds a Bachelor of Child Studies specializing in Developmental Disabilities from Mount Saint Vincent University, and a Masters of Education from Memorial University of Newfoundland and Labrador, specializing in Adult Education. Lisa is a play and relationship focused, Pivotal Response Therapist (PRT) who knows firsthand the challenges of parenting a child on the autism spectrum. She is Level 1 certified in Shanker Certified Self-Reg™. Lisa is a firm believer that empowered parents, holistic care, and empathic relationships are powerful, and often missing pieces of pediatric interventions and care. In her private practice, she has seen families make powerful changes for their children.

Laurie Pinhorn holds a Science Degree in Psychology and Biology from Acadia University in NS, a Social Work Degree from Memorial University in NL, a Masters in Holistic Nutrition from the Edison Institute of Nutrition in Ontario. She is one of only two Shanker Certified Self-Reg™ practitioners in Newfoundland and Labrador. She is a passionate speaker, educator and service provider on the subject of nutrition and its connection to mental and physical health. With a diverse background in clinical social work, advanced holistic nutrition, Self-Reg™ and physical fitness; Laurie's hybrid of expertise is very unique.

3. Permanency: What it is and Why it is so Important (half day workshop)

This session will provide an understanding of what permanency really means from a child's perspective. It will give participants a greater understanding of the implications for children and youth around permanency planning and the far reaching impacts. The workshop format will be a presentation by a CSSD staff member followed by a panel discussion. The panel will be comprised of individuals who grew up in foster care, a social worker and a foster parent.

Agenda

Silent Auction will be open from Friday June 1st at 6:00 pm until 3:15 pm on Saturday, June 2nd.

Friday, June 1st

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| 6:00 pm - 7:00 pm | Registration |
| 7:00 pm - 9:00 pm | Opening Ceremonies |

Saturday, June 2nd

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| 8:30 am - 9:00 am | Registration |
| 9:00 am – 12:15 pm | Workshops |
| 12:30 pm - 1:30 pm | Annual General Meeting and Lunch |
| 1:45 pm - 4:30 pm | Workshops |
| 7:00 pm | Banquet
Keynote: *Dr. Andrew Furey |
| 9:00 pm | Entertainment |

Sunday, June 3rd

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| 9:00 am – 10:30 am | Breakfast and Keynote: **Gerry Dooley |
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***Dr. Andrew Furey** is an orthopaedic surgeon, community leader, physician, medical educator and the founder of Team Broken Earth, a national medical aid charity that began in St. John's, Newfoundland and Labrador and has since grown around the world. Since founding Team Broken Earth, Andrew has led missions to Haiti, Bangladesh and Guatemala with a rapidly growing team of incredible volunteers. Team Broken Earth continues to grow nationally and internationally: over 1,000 volunteers from seven provinces and now, one American state, have visited 5 countries and helped over 30,000 patients.

Educated at Memorial University, Andrew is also a graduate of Oxford University in England and is an active member of the business community in our province, serving on the Board of Directors for several growing local companies. He is the Co-Chair of the Jack Hand Foundation and recently, together with friends and colleagues, founded a new Canadian foundation, Dollar A Day Foundation, that is focused on raising funds to support mental health and addictions services.

He is the very proud recipient of the Red Cross Humanitarian of the Year Award (2017) and of the Atlantic Business Magazine Top 50 CEO Award. A proud Newfoundlander, he lives in St. Phillip's with his wife and three children.

****Gerry Dooley** is a Registered Psychiatric Nurse with 38 years experience working in Mental Health as an educator/trainer/consultant. He has been an ASIST Trainer, in suicide intervention, since 1986 and is one of only 24 Team Leaders with Living Works in Calgary Alberta certified to do "Training for Trainers" in Suicide Intervention (ASIST) around the world. Gerry was part of a joint effort, with the RCMP (Mike Ouellette) that responded to the Oklahoma City Bombing in 1998 to conduct Suicide Intervention Training and Mental Health Support to the Firefighters, Police and Mental Health personnel who responded to that disaster. Gerry does consultations and interventions with EVERYONE. He has 4 daughters, 1 wife and is energized and refreshed by laughter and music. Many may not know he is also a Foot Care Specialist – so, he gotcha covered from head-to-toe.

Gerry will share some of the latest and best research on stress, its implications and what practically works to reduce the "overwhelmedness" that we often feel. He will share the greatest tool against stress and leave you feeling renewed and reinvigorated.

General Information

Registration Process

Registration forms can be forwarded to: Newfoundland and Labrador Foster Families Association, Suite 105, 21 Pippy Place, St. John's, NL A1B 3X2, faxed to 754-5007 or emailed nlffa@nfld.net

Please make your cheque or money order payable to Newfoundland and Labrador Foster Families Association. We are unable to process credit card payments. Cash payment may also be made at the registration table.

For further information call 709-754-0213 or toll free at 1-877-754-0218.

Accommodations

Ramada Hotel, Kenmount Road, 1-855-412-7111

Room Cost: \$129.99 plus tax (double).

Scent-Free Environment

In the interest of all participants, we are asking your cooperation in making the Symposium a **scent-free** weekend. Please refrain from wearing any perfumes, colognes or other scented products.

Voting at the Annual General Meeting

Foster parents who have paid their yearly membership fee are entitled to vote at the Annual General Meeting. Membership fees can be paid any time prior to the meeting on Saturday.

Silent Auction

The silent auction will begin at 6 pm on Friday, June 1st and end at 3:15 pm on Saturday, June 2nd.

When items are picked up payment must be made by cash or cheque.

**Donations for the auction are greatly appreciated!
If you would like to donate an unused item, please drop it off at the
Office beforehand or bring it with you when you arrive.**

Evaluation Forms

The feedback we receive from the evaluation forms is very important. It lets us know what we are doing well and where we need to improve. We also use this feedback to plan future training sessions.

**Please complete your evaluation form!
When you pass it in, your name will be entered in a prize draw.**