



AN EDUCATIONAL DAY ON

Building Resilience Through Co-Regulation

Thursday, March 28, 2019

LOCATION: *Liberty North Event Facility, 100 Caplan Avenue, Barrie*

Daytime Sessions
9:00am – 4:00pm

INCLUDES LUNCH
COST \$95

Evening Session
6:00pm – 9:00pm

FREE WITH
REGISTRATION

THIS EVENT WILL

- Help adults move from a “behavior management” approach to a self-regulation lens that emphasizes strategies to support the child in his/her environment
- Promote understanding of how an adult’s state of calm or stress level affects a child
- Help participants develop a restorative and self-care tool box as part of an adult’s strategy to model self-regulation
- Show benefits of co-regulation: adult to child, child to adult, child to child

For Further Information Please Contact:

Joan Kennedy, Program Director
at 705.721.5437 ext. 202
or via email at joan@grievingchildren.com

Should you require a subsidy to attend either session please contact:

Rowley Ramey, Managing Director
at 705.721.5437 ext. 100
or via email at managingdirector@grievingchildren.com

Daytime Session Includes:

DR. SUSAN HOPKINS, MEHRIT CENTRE

Dr. Susan Hopkins, MEHRIT Centre - Keynote Speaker and Breakout Session Facilitator
Dr. Susan Hopkins is the Executive Director of Dr. Stuart Shanker's organization. Susan has been a teacher, school administrator, inclusive schooling coordinator, curriculum developer, educational researcher, and educational leader. She has worked in every area of education from the early years to post-secondary, from remote northern schools to the Department of Education.

Christy Hamill – Breakout Session Facilitator

Mental Health Lead at North East Ontario School Authorities.
Child and Family Therapist, special interest in grief counselling with children and families.
Founder of Christy Hamill Consulting, 2015

Cathern Lethbridge – Breakout Session Facilitator

Simcoe County District School Board K-12 Principal of Well-Being.
Responsible for the development and implementation of programs that support the well-being of students and staff.

Evening Session Includes:

DR. SUSAN HOPKINS, MEHRIT CENTRE

Vendor Market - participants move to various stations to build a restorative and self-care tool box as part of an adult’s strategy to model self-regulation.
Stations will relate to the five different domains of self-regulation and will be staffed by a facilitator. Stations will offer low-cost practical strategies like magic sand, slime, exercise, nature, nutrition, stress reduction, sleep, colouring for kids and for adults, music and knitting.

TO REGISTER AND PURCHASE TICKETS ONLINE PLEASE VISIT
<https://barrie.snapd.com/events/view/1210336>


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