

Workshop	Description	Presenter(s)	Day	Time
Helping Children on the Autism Spectrum Make Friends	Everyone needs a friend. This presentation will cover strategies parents/caregivers can use to help their child find a friend, be a friend and keep friends. School and community resources will be discussed.	Amanda Yuill	Saturday, October 22, 2022	Session C - 2:05 - 2:25 p.m. - micro session
The importance of Art Education: Connecting Families, schools and communities.	The importance of Art Education: Connecting Families, schools and communities.	Kimberly Liu	Saturday, October 22, 2022	Session C - 2:05 - 2:50 p.m.
Anti Palestinian racism in the TDSB	Experiences of Anti Palestinian Racism in the TDSB	Dr. Wafaa Hasan	Saturday, October 22, 2022	Session C - 2:05 - 2:50 p.m.
Helping Your Young Adolescent Succeed in School	Explores positive ways parents/caregivers can become more involved in their kids' school experience. Identifies steps parents/caregivers can take to solve problems young adolescents may encounter at school. Parents/Caregivers practice positive techniques for talking with their young adolescents about school.	Catherine Liu; Dilani Bala	Saturday, October 22, 2022	Session C - 2:05 - 2:50 p.m.
Trauma Foundations: An Introduction to The Study of Trauma and How it Impacts Families	This webinar will introduce parents/caregivers to a basic foundational understanding of what trauma is and explore how trauma manifests in children. Participants will be introduced to concepts of trauma-informed care and will be provided with strategies for supporting their children through trauma recovery. This 45-minute presentation will be paired with a live 15-minute Q&A and parents/caregivers will walk away with some resources and some tools for accessing further trauma-related information and supports.	Lisa Cohen; Karen Smith; Alison Fair; Hannah MacPherson	Saturday, October 22, 2022	Session C - 2:05 - 2:50 p.m.

<p>Mental Health Literacy for Black Communities</p>	<p>The PTC project is among the first of its kind to centre the experiences of Black youth and ground those experiences within the context of anti-Black racism in Canada. This presentation intends to elucidate how anti-Black racism weaves throughout the mental healthcare system and hinders adequate access to care for this population. Project findings are informed by social network analysis surveys disseminated to service providers and focus groups held with Black youth, community members, and mental health workers. This session shares some of our research and resources as well as defining what mental health is and what the categories of mental illnesses are. This session also outlines the impact of anti-Black racism, COVID-19, and the social determinants of health on one's mental well-being and that of their loved ones.</p>	<p>Ameerah Craig</p>	<p>Saturday, October 22, 2022</p>	<p>Session C - 2:05 - 2:50 p.m.</p>
<p>Supporting the Learning Needs and well-being of Complex Needs Students</p>	<p>As parents/caregivers you may be coping with a lot of stress as you try to support your children with complex needs in their learning while being able to enjoy time as a family. This presentation will provide practical strategies to assist your children whether they are learning at school or virtually. We will talk about ways to support your mental health and well-being and that of your children which will help keep your children calm, happy and ready to learn. We will be providing a lot of resources for you including visual supports to help your children make choices, communicate their needs and keep active.</p>	<p>Fiona Currie; Sue Riley; Janine Daley</p>	<p>Saturday, October 22, 2022</p>	<p>Session C - 2:05 - 2:50 p.m.</p>
<p>Connected Parenting/Caregiving</p>	<p>LET'S TAKE A DEEPER DIVE INTO CONNECTED PARENTING/CAREGIVING What is it and how will it help you? Do you ever lose your temper and then regret it after? Have you ever wondered about the brain and whether there is any science that relates to emotions and feelings? Do you wish more time was spent on teaching children (and ourselves for that matter!) how to deal with emotions in a healthy way? Do you want to build your and/or children's emotional resilience but don't know where</p>	<p>Ulrica Jobe</p>	<p>Saturday, October 22, 2022</p>	<p>Session C - 2:05 - 2:50 p.m.</p>

	<p>to start? The audience will be introduced to the Connected Parenting/Caregiving model and participants will leave inspired with practical and useful strategies (spoiler alert - it's not just for parents/caregivers - this works for all human interactions - teachers and students too!)</p> <p>WHAT CAN YOU EXPECT TO LEARN FROM ULRICA'S WORKSHOP?</p> <ul style="list-style-type: none"> • The important role love and empathy play in our relationships and the brain-heart connection, based on the Connected Parenting/Caregiving philosophy. • Strategies on how best to connect with a child, and the beauty of what can come after. • How to best support mental health and build emotional resilience in ourselves and our children. • How our brains work. (The science is so cool and mind blowing! Did you know there is a scientific reason why when tempers flare all common sense seems to go right out the window?) • Useful information about how to connect with a child's developing brain (something we watch happen before our very eyes, but rarely spend the time to actively think about). <p>As a counsellor and coach, I want to do everything possible to help parents/caregivers understand that a few adjustments in how they interact with a child can profoundly impact their child's brain function. These adjustments will inspire parents/caregivers to nurture their children in a way that builds emotional resilience and adaptability, leaving children feeling understood, loved and cherished. Parents/Caregivers will experience greater peace of mind and confidence, even when a child's behaviour is most challenging and triggering.</p>			
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<p>Reimaging Access to Post-Secondary Education</p>	<p>During this session the University of Toronto Scarborough will share our vision for reimaging access to post-secondary education grounded in the values of our Strategic Plan: Inspiring Inclusive Excellence. Participants will have an opportunity to critically interrogate their relationship with post-secondary institutions and share suggestions of those entry points and pathways to university or college. What barriers exist; how can we move forward together? How can the community access the institution?</p>	<p>Kimberley Tull; Dr. Kathy Liddle; Jessica Rayne</p>	<p>Saturday, October 22, 2022</p>	<p>Session C - 2:05 - 2:50 p.m.</p>
<p>Sensory Wellness for All</p>	<p>Sensory Wellness for All The term “Sensory wellness” is a personalised experience based on our own sensory preferences to help us feel calm. This feeling of calm allows us to feel safe, regulated, and in a place where learning experiences are optimised at school and home. - Our presentation will provide a brief understanding of sensory processing and how it works in our individual bodies through an explanation of how we process sensory input (what we see, touch, hear, feel, taste and how we move). - Sensory input also impacts on our mental health and well-being - How we process sensory input differs individually in various environments and can be influenced by external events such as a global pandemic - We will discover and provide simple sensory ideas/tools that can help support a healthy home and school environment - We will include the idea of parents as tools for sensory wellness through co-regulation - This workshop will be presented by therapists from the TDSB- Occupational Therapy and Physiotherapy Services.</p>	<p>Julie Choo-Lee; Anna Lin; Mona Lee</p>	<p>Saturday, October 22, 2022</p>	<p>Session C - 2:05 - 2:50 p.m.</p>
<p>The Fun Part: Fostering Play and Social Skills</p>	<p>This session discusses the importance of teaching play and social skills so children can build positive relationships with their peers. Caregivers will learn strategies for building skills such as sharing and turn-taking, imitation, following play directions, and cooperative play. During natural play opportunities, families can use strategies such as prompting, modeling, and reinforcement to increase children’s play and social skills.</p>	<p>Aimee Dearmon</p>	<p>Saturday, October 22, 2022</p>	<p>Session C - 2:30 - 2:50 p.m. - micro session</p>

