

Workshop	Description	Presenter(s)	Day	Time
Bin of Learning Opportunities	My presentation includes simple resources that can help guide new parents/caregivers with teaching their children literacy and numeracy skills before they enter Junior Kindergarten.	Raadhika Khakhria	Saturday, October 22, 2022	Session B - 1:10 - 1:30 p.m. - micro session
Connecting With Every Bite: Supporting Picky Eating and Healthy Eating with Our Neurodivergent Children	Healthy eating habits begin with safety and connection. As eating requires a variety of developmental skills, sensory experiences and most importantly: trusted relationships, this workshop will begin by discussing the research behind picky eating, why mealtimes may be more challenging for our clients with our neurodivergent children (e.g., Autism) and will touch base on various culturally diverse types of eating behaviours. We will explore practical evidence-based strategies that help to support children's positive eating habits, motor (oral, fine and gross) skill development, sensory play and food exploration that can be applied in our families to build more meaningful relationships with food and eating overall.	Ana Talag; Leslie Hopkins	Saturday, October 22, 2022	Session B - 1:10 - 1:55 p.m.
Communication Strategies, Coping with Daily Stress and Frustrations.	Geared to Newcomer Parents/Caregivers, explores strategies to improve positive communication and minimize conflict. Understand causes of stress in kids/teen daily lives and positive ways to cope with frustration. Develops strategies for helping children deal with stress.	Mathura Thiagarajah	Saturday, October 22, 2022	Session B - 1:10 - 1:55 p.m.

<p>Reflection on Parents'/Caregivers' Journey: Collectively Navigating Mental Health Challenges for Parents & Caregivers</p>	<p>This workshop will follow the Journey of three Parents/Caregivers from the MHWB-Parent/Caregiver Partnership Committee with the TDSB. Parents/Caregivers will share their experiences and journeys navigating Mental Health Challenges of their Children/Youth which impacted their own learning and the connection this has had on their own mental Health and well-being. This workshop will focus on having open and honest dialogue on learning about the foundations of Mental Health and Well-being literacy. What does this mean? The speakers will provide their perspective on how to establish trust and safe spaces where parents/caregivers can share and support one another; a place to affirm the parents'/caregivers' role on the committee; how to confront stigma; understanding their own diverse intersecting identities as parents/caregivers; and learning how to navigate support within TDSB. This workshop will provide strategies on how to enhance belonging within school spaces; strengthen mental health literacy; building asset-based partnerships and being part of supportive communities, on behalf of their children's mental health and well-being and healthy school environments.</p>	<p>Jane Cheung; Melonie Sampson; Linda Rose</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:10 - 1:55 p.m.</p>
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<p>Special Education Practices based on the Principles of Equity, Inclusion, Anti-Oppression and Anti-Racism</p>	<p>As our Board continues to focus its efforts on racialized students who are overrepresented on IEPs and in ISP classes, there is a need to confront and disrupt unconscious bias within our schools. We will explore the current IEP strategy as well as ways that we can disrupt oppressive practices in our referral processes. Parents and Caregivers will be supported to become and to continue on as effective advocates for their children with special education needs.</p>	<p>Mona Moftakhar; Hiren Patel; Lorraine Bell</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:10 - 1:55 p.m.</p>
<p>Wellness & Mental Health Supported by Technology</p>	<p>In this session, we will explore a variety of digital and technology tools to support Mental Health and Well-being at school, home and the community. Through discussing and experiencing different strategies and resources, participants will develop their schema of integrating tools for students with anxiety, hyperactivity, focus and attention challenges and everyday highs and lows of growing up. Please come ready to try new things, collaborate and share.</p>	<p>Andrea Taskey Trusty</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:10 - 1:55 p.m.</p>
<p>Urban Indigenous Education Centre</p>	<p>The Urban Indigenous Education Centre will facilitate a workshop about engaging with First Nations, Metis and Inuit communities in TDSB, and supports for Indigenous students and parents/caregivers that are access. We will also share stories (books and videos) that all parents and caregivers can share with their children to engage in conversations about Truth and Reconciliation.</p>	<p>Tessa Sill; Tracy Mackenzie</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:10 - 1:55 p.m.</p>

<p>How Do I Engage with my Child's Education?</p>	<p>Whether you are a parent/caregiver entering the school system for the first time or someone who has been at the margins and now wants to better understand your role in education, this workshop is for you. Learn the basics of the education system in Ontario, your responsibilities as a parent/caregiver, why engagement is vital to student achievement and what you can do at home. There will also be time to ask questions about engagement at home and school, as well as the role of School Councils and how they might support parents/caregivers.</p>	<p>Nancy Angevine-Sands</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:10 - 1:55 p.m.</p>
<p>Helping young Learners Transition to Kindergarten</p>	<p>Through this session, families and caregivers will become familiar with aspects of the Kindergarten Program and explore ways to build upon children's cultural knowledge and experiences to develop early literacy and math skills at home and to support the transition to kindergarten.</p>	<p>Thalia Davids-Smith</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:35 - 1:55 p.m. - micro session</p>
<p>Mental health of a working mother</p>	<p>The last 2.5 years have created a shift in the way we work and live and impacted everything from our perspective, and career to our mental health. Working moms have been particularly exposed to major stressors, as they learned to navigate and adapt to new conditions never experienced by anyone before: heightened work and career expectations, online schooling and/ or limited options for childcare and on top of that the famous "double shift ". All that created a perfect storm for working moms to pay more attention to their mental health and the burden created by the pandemic.</p>	<p>Gladys Simen</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:35 - 1:55 p.m. - micro session</p>

<p>Narrative Humility - Pedagogies of Care and what they mean for Student Success</p>	<p>"Narrative humility means understanding that stories are not merely receptacles of facts, but that every story holds some element of the unknowable. It simultaneously reminds us that there are larger sociopolitical power structures that marginalize certain sorts of stories and privilege others."</p>	<p>Natalie Davey</p>	<p>Saturday, October 22, 2022</p>	<p>Session B - 1:10 - 1:55 p.m.</p>
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