# Day 1 - September 21

**9:00 AM** **Registration Opens**

**10:00 AM** **Opening Remarks**

- ACWS' Executive Director, Cat Champagne
- Elder Theresa "Corky" Larsen Jonasson

**10:15 AM** **Opening Keynote** – *The Leadership Ripple Effect: How Everyday Actions Create Lasting Change*

- Michelle Okere, Okere & Associates

**11:00 AM** **Transition to Breakout Rooms**

**11:15 AM** **Workshop Sessions 1**

**Green Room – 1A** – *Relational Consent: Supporting Autonomy When Choice and Voice Have Been Taken Away*

- Dr. Dawn McBride, University of Lethbridge

**Magenta Room – 1B** – *The Fort: Fostering Resilience in Children and Youth Navigating Trauma and Transition in a Second-Stage Shelter*

- Charity Chan & Sandrine Mendes, Heart Home Network

**Orange Room – 1C** – *Pregnancy Pathways: Building Rapport and Trust When it Matters*

- Lesley Spry-Shandro & Jennifer Locke, Radius Community Health & Healing

**Lilac Room – 1D** – *When Categories Collide*

- Lisa St. Cyr, BC Society of Transition Houses

**12:30 PM** **Lunch Buffet & Door Prize Draws**

**1:30 PM** **Workshop Sessions 2**

**Green Room – 2A** – *Introduction to the Neurosequential Model of Therapeutics*

- Dr. Emily Wang, EY Wang Psychology Inc.

This session is 2.5 hours and will run through Sessions 2 & 3

**Magenta Room – 2B** – *Supporting Indigenous Peoples in Shelter: Trauma-Informed and Culturally Grounded Approaches*

- Karlea Ryll & Kara Burnstick, Indigenous Wellness Parenting Program, Ben Calf Robe Society

This session is 2.5 hours and will run through Sessions 2 & 3

**Orange Room – 2C** – *Ethical Storytelling in Gender-Based Violence Awareness*

- Michelle Okere, Okere and Associates

This session is 2.5 hours and will run through Sessions 2 & 3

**Lilac Room – 2D** – *Introduction to Advanced Safety Planning*

- Lannah Guyon & Jessica Mawji, ACWS

**2:30 PM** **Refreshment Break**

**2:45 PM** **Workshop Sessions 3**

**Green Room – 2A –** *Introduction to the Neurosequential Model of Therapeutics*

- Dr. Emily Wang, EY Wang Psychology Inc.

This session is 2.5 hours and will run through Sessions 2 & 3

**Magenta Room – 2B –** *Supporting Indigenous Peoples in Shelter: Trauma-Informed and Culturally Grounded Approaches*

- Karlea Ryll & Kara Burnstick, Indigenous Wellness Parenting Program, Ben Calf Robe Society

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**Orange Room – 2C –** *Ethical Storytelling in Gender-Based Violence Awareness*

- Michelle Okere, Okere and Associates

This session is 2.5 hours and will run through Sessions 2 & 3

**Lilac Room – 2D –** *Supporting Newcomers in Alberta's Women's Shelters*

- Lisa Jane de Gara, Action for Healthy Communities

**4:00 PM** **Transition Break**

**4:15 PM** **Wellness Workshops**

**Magenta Room – W1 –** *The Restorative Reset Workshop – Somatic Practices for Unwinding Deep Stress*

- Natasha Young, Mind Body Bliss Collective Therapies

**Orange Room – W2 –** *Many Hands, One Canvas*

- Kelsey N. Baker, Novart Creative Studio

**Lilac Room – W3 –** *Journal Journeys*

- Sarah Hall, Sun Fire Creations

**Zen Den (Forest Room) – W4 –** *Restoring the Healer: A Trauma-Informed Reiki & Nervous System Restoration Experience for Frontline Professionals*

- Kellie Cummings, Sacred Arrow Healing

**5:00 PM** **Networking Mixer & Door Prize Draws**

**6:30 PM** **End of Day 1**

**Zen Den – Open from 9:00 AM – 3:45 PM**

This is a space for quiet reflection, mindfulness, and relaxation. Participants are welcome to drop in anytime throughout the day to disconnect, enjoy the various activities, and explore what is most supportive for them and their bodies in that moment.

**9:00 AM – 12:00 PM – Drop-In Massages with Jenna Chornohus, Registered Massage Therapist**