Day 2 – September 22

8:00 AM Breakfast Buffet

8:30 AM Opening Remarks

- ACWS' Executive Director, Cat Champagne

9:00 AM Workshop Sessions 4

Green Room – 4/5A – *Reclaiming Play After Trauma: Expanding Imagination Beyond Survival in Child-Centered Play Therapy*

- Jennifer Sims, The Redwood Center

This session is 3 hours and will run through Sessions 4 & 5

Magenta Room – 4B – *From Burnout to Balance: A Practical Mental Wellbeing Workshop for Everyday Life*

- Barb Barber

Orange Room – 4C – *Build on What's Bright: Anti-Oppressive Practice Through Participatory Evaluation*

- Jen Archer & Jerilyn Dressler, Discovery House

Lilac Room – 4/5D – *Nisa Learning: Cultural Sensitivity & Responsiveness Workshop*

- Nawal Vajeed & Saima Mafat, Nisa Foundation

This session is 3 hours and will run through Sessions 4 & 5

10:30 AM Refreshment Break

10:45 AM Workshop Sessions 5

Green Room – 4/5A – *Reclaiming Play After Trauma: Expanding Imagination Beyond Survival in Child-Centered Play Therapy*

- Jennifer Sims, The Redwood Center

This session is 3 hours and will run through Sessions 4 & 5

Magenta Room – 5B – *Pregnancy Pathways: Risk Mitigation Approaches from a Safe Space*

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

Orange Room – 5C – *The Ripple Effect of Healing The IndigiRise Life Skills Program as an Indigenous-Led Model for Prevention and Community Change*

- Natasha Delany & Corey Delany, Indigenous Projects and Events

Lilac Room – 4/5D – *Nisa Learning: Cultural Sensitivity & Responsiveness Workshop*

- Nawal Vajeed & Saima Mafat, Nisa Foundation

This session is 3 hours and will run through Sessions 4 & 5

12:00 PM Lunch Buffet & Door Prize Draws

1:00 PM **Workshop Sessions 6**

Green Room – 6A – *Reframing Sibling Aggression: When Conflict Becomes Abuse*

- Jennifer Sims, The Redwood Center

This session is 3 hours and will run through Sessions 6 & 7

Magenta Room – 6B – *Bridging Belonging: Culturally Responsive Mentorship and Community Connection to Prevent Gender-Based Violence*

- Tamara C. Larson, Grow Leaders, Learn Peace Canada

Orange Room – 6C – *When Helping Hurts: An Anthropological Lens on Systemic Barriers in Violence Prevention and Intervention*

- Kathleen Larose, Canadian Association of Women Centre Societies

Lilac Room – 6D – *Understanding Behaviour Begins with Understanding the Experience Beneath It*

- Fathima Fahim, ACWS

2:30 PM **Transition Break**

2:45 PM **Workshop Sessions 7**

Green Room – 6A – *Reframing Sibling Aggression: When Conflict Becomes Abuse*

- Jennifer Sims, The Redwood Center
- This session is 3 hours and will run through Sessions 6 & 7

Magenta Room – 6B – *Recognizing and Responding to Canada Red Flags Laws: What Everyone Needs to Know*

- Paulette Leer & Silvia Clark, Mountain Rose Women's Shelter Association

Orange Room – 6C – *Breaking the Cycle: Understanding Generational Trauma, Resilience, and Healing*

- Johanna Baynton Smith

Lilac Room – 6D – *From Informal Disclosure to System Response: Scoping Family Violence Prevention in Language-Based Settings*

- Hessan Hanif, Alberta Association of Immigrant Serving Agencies (AAISA)

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 – *Intuitive Feather Painting (4:15-5:45 PM)*

- 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

5:30 PM End of Day 3

6:00 PM ACWS' Annual General Meeting

Zen Den – Open from 8:00 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