

*It's All About
You, Girl!*



**SOROPTIMIST
FOUNDATION OF CANADA**

GIRLS' & PARENTS' CONFERENCE

Presented by Soroptimist International of the Langleys

Improving the lives of women & girls in our local communities and throughout the world

www.wcsoroptimist.org

www.soroptimist.org

www.soroptimistinternational.org

H.D. Stafford Secondary School

October 14th, 2006

AGENDA

- 8:30 Registration & refreshments Dove Campaign For Real Beauty videos
www.dove.ca/beauty www.campaignforrealbeauty.ca & www.lookingglassbc.com
- 9:00 **Opening Ceremonies: Welcome**
M.L.A. for Langley Mary Polak, Mayor Peter Fassbender
Mayor Kurt Alberts, School Board Vice Chair Alison McVeigh
H.D. Stafford Principal Extraordinaire Wendy Johnson
SI of the Langleys President Lilianne Fuller
- Together We Can Make A Difference: Gabrielle Starr**
Langley student activist & organizer of the 10km walk for the Children
of Northern Uganda - October 21st at Belmont Elementary, Langley
www.nighttolightwalk.ca
- 9:30 **Find your Passion, Live your Dream: Lynn Kanuka**
Olympic Bronze Medalist
- 10:00 Nutritional break ~ Please check out our Displays & Resource Materials
- 10:15 Workshop Session #1 for Teens and for Adults
- 11:25 Workshop Session #2 for Teens and for Adults
- 12:30 ***LUNCH***
Visit the Display & Resource materials and enjoy listening to Canadian
Idol finalist ~ Karen Lee Batten www.karen-lee.com
- 1:20 **Making Positive Connections: Keith Pattinson**
Keynote Speaker, Retired Director of the Boys and Girls Clubs,
International Speaker and Master Storyteller
- 2:30 **Closing Remarks: Superintendent Janice Armstrong**
Langley RCMP Detachment
- 2:45 – 3:00 **TIOT Conference Chair:** Soroptimist of the Langleys
Door prizes Evaluation sheets

For more information about our organization, visit our Western Canada Site at
www.wcsoroptimist.org Email tioklangley@hotmail.com or call Jan @ (604) 530 -7840

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SESSION ONE TEEN WORKSHOPS* (10:15 – 11:15)

BUILDING SISTERHOOD: *Peer Support for Healthy Communities & Inclusive Spaces* ~ **ROOM 112**
Sabrina, Youth Community Developer, Kinex Youth Initiative Self Help Resource Association of BC - SHRA. Research shows that youth approach youth first for information & support. This workshop deals with issues that affect young people in a peer-to-peer approach.
www.selfhelpresource.bc.ca

BEHIND CLOSED DOORS: *Getting to the Other Side of Eating Disorders* ~ **ROOM 114**
Cindy Dobbe, Deborah Grimm & Delores Elliott of the Looking Glass Foundation of B.C. Information from girls and parents who are overcoming eating disorders & information they want to share with teens & adults. www.lookingglassbc.com www.nedic.ca (National Eating Disorders Information Centre)

LOOKOUT: *Creative Collage and Personal Journaling* ~ moraninthemoon@shaw.ca **ROOM 121**
Diane Moran, a local Burnaby artist & activist guides participants through the process of self discovery & personal awareness. (Please bring a photo of yourself to the workshop.)

PRIDESPEAK: *Sexual orientation and tolerance of others* ~ GAB Youth Services **ROOM 117**
Anisha Abdulla, interactive workshop by youth providing accurate & non-judgmental information: sexual orientation, gender identity, & combating discrimination. www.lgtbcentrevancouver.com

HOW COOL IS IT TO BE SAFE? *Sexual Health and Education* ~ **ROOM 110**
Sharon Jagich, Nurse Coordinator of the Surrey Youth Clinic. Everything you wanted to know about sexual health but were afraid to ask! *Youth Clinic, Surrey Memorial Hospital, (604) 585 5999*

IT CAN HAPPEN TO ANYONE: *Child & Youth Sexual Exploitation* ~ **ROOM 108**
Detective Constable Raymond Payette, Vancouver Police Vice Squad - DISC (*Deter & Identify Sex Trade Consumers*) & KEYS (*Keep Exploited Youth Safe*) plus Mary Pichette, Executive Director of Servants' Anonymous Society, Surrey. www.sasurrey.ca

SESSION TWO TEEN WORKSHOPS* (11:20 – 12:20)

THINK BIG: *Making your Dreams a Reality* ~ **ROOM 120**
Marilyn Lawrie, Teen Titans founder, bringing her brand of fun in business and life prosperity to teens in the Fraser Valley. Canada's number one provider of *Life Success Programs* that assure teens achieve a happy, responsible & prosperous future. www.teenitans.ca

REACHING FOR HIGHER GROUND: *Talking about substance abuse* ~ **ROOM 116**
Lora Ford, Langley RCMP, School Liaison Officer for H.D. Stafford. The Pacific Community Resources Society's DEWY Program (Days Evenings & Weekends) assists youth aged 12 - 18 years who have problems with alcohol and/or drug use. The goal of the program is to help youth reduce substance use or abstain from substance abuse through individual and/or group counselling and activities. www.pcrs.ca

I LOVE ME! *Accepting yourself so that others can accept you* ~ **ROOM 119**
Laura Carroll, an alumni of H.D. Stafford Secondary School and a Soroptimist member. Create a personal relationship with yourself so you can have healthy relationships with others.

PREVENTING YOUTH SUICIDE: *Warning signs of suicide and risk factors* ~ **ROOM 113**
Jennifer Mervyn, M.A., Ph.D. (cand), Adolescent Crisis Worker in a regional program working in hospital emergency rooms and schools. Discussion will include talk about the warning signs of suicide, risk factors, and what youth need to do if they or someone they know need help.

(*workshops may be subject to change)

**For the
Parents!**



SESSION ONE ADULT WORKSHOPS* (10:15 – 11:15)

NAVIGATING THE TEEN YEARS: *Achieve Positive Changes in Family Relationships* ~ **ROOM 115**
Francis Kenny, Parents Together, Parents Forever & From Grief to Action. A mutual help/ support workshop for parents experiencing parent/teen conflict or concerned with their teen's behaviour. www.parentstogether.ca www.fromgriefftoaction.org

PARENTS & FRIENDS OF LESBIAN & GAY YOUTH: *Loving our Gay & Lesbian Children* ~ **ROOM 106**
Deborah Hodge, Parent Vancouver. PFLAG parents share their personal stories about the struggles and joys of raising teens in a heterosexist society. www.pflagvancouver.com

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WHAT EVERY PARENT NEEDS TO KNOW ABOUT SELF HARM: *Common Reasons for Self Harm* ~ **ROOM 110**
Jennifer Campbell, M.A., Educational Psychology.
The focus of this workshop is to increase understanding plus helping and coping strategies.

EARLY PSYCHOSIS AND HOW TO COPE: *When Coping Falls Apart* ~ **ROOM 122**
Mary McCallum, Registered Social Worker, Early Psychosis Intervention Program at Peace Arch Hospital. Mary discusses the early warning signs of adolescent mental illness, depression, anxiety and psychosis. www.psychosissucks.ca

SESSION TWO ADULT WORKSHOPS* (11:20 – 12:20)

WHAT PARENTS NEED TO KNOW ABOUT TEENAGE SEX: *How Cool is it To Be Safe?* ~ **ROOM 110**
Sharon Jagich, Nurse Coordinator of the Surrey Youth Clinic offers information on the multidisciplinary clinic that provides free, confidential & youth-friendly service to youth from 12 to 21 years of age. Youth Clinic, Surrey Memorial Hospital, 604 585 5999

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www.sasurrey.ca

2020 PARENTING: *This workshop is just for parents* ~ Kerry is portrayed in *Death by Jib*. **ROOM 118**
Kerry Jackson, founder and creator of 2020 Parenting. A Mother's story about addictions, suicide, earlier prevention, and hope. www.2020Parenting.com www.fromgriefftoaction.org

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