

Wellness Conference

#DiscoverandInspire

Saturday, October 21, 2023
to
Sunday, October 22, 2023
at the
Pinestone Resort, Haliburton

This event is made possible by Workforce Funding available to the Early Learning Quality Initiative from the City of Kawartha Lakes and is free to those who meet the eligibility criteria (programs/centres and roles within the program).

The following is the list of eligible roles and programs: program staff and supervisors in licensed childcare centres (RECE, Non-RECE, and Director Approved), Home Visitors and providers in home childcare agencies, and program staff and supervisors in EarlyON Child and Family Centres.

The following is included with your registration:

- cost of attending up to 3 sessions (and materials needed for the session)
- accommodations for Friday and Saturday night
- conference swag
- door prize entry
- Meals: Saturday lunch, Saturday dinner, Sunday breakfast
- Saturday night fun
- Sunday morning group activity

Note about accommodations:

Accommodations included for our Wellness Conference will be based on a minimum of double occupancy and will be limited to the standard resort rooms inside the hotel (this **excludes** villas and chalets). **DO NOT call Pinestone to book your accommodations**; an email will be sent to those who register the week of September 5th. This email will include a Google form to indicate who you are rooming with at the conference. Failure to submit this form by September 15th will mean you do not have accommodations booked.

If you book accommodations through Pinestone directly, you will be responsible for all costs associated with the accommodations.

Accommodations for both Friday night and Saturday night are included; this will allow you to arrive and check in anytime Friday evening or Saturday morning. Please know, this accommodation length cannot be changed (as per our contract); if you make any changes to the accommodation through the resort, you will be responsible for paying any costs associated with that change.

Once your Rooming List Google Form has been submitted, if there are any changes please ensure you email Beckie with any updates/changes as soon as possible to avoid additional charges to you.

Cancellation and non-attendance procedure:

Any conference cancellations need to be sent to Beckie (rkellett@clth.ca) with as much notice as possible. If you have someone who is able to attend the conference in your place, please include who it is and their email address so everything can be updated (they will take your place and will attend the sessions you are in; they will not be able to choose their own sessions).

While we do understand unexpected things do come up (illness, emergencies, etc), if you do not reach out, you risk being invoiced a non-attendance fee of \$100 for full conference or \$25 for each individual session.

Agenda for our weekend together:

Arrival: anytime after 4 pm on Friday evening or anytime time Saturday morning

Departure: check out time for all rooms is 12:00 pm (noon) on Sunday

Saturday		Sunday	
8:30-9:45	Registration	8:00 - 9:00	Breakfast
10:00-11:30	Session #1		<i>There is time to check out after breakfast and before our group activity</i>
11:30-1:00	Lunch		
1:00 - 2:30	Session #2		
2:30	Break		
3:00 - 4:30	Session #3		
6:00	Social hour (bar opens)	10:00	Group Activity: Fun Throw Pillow Covers
7:00	Dinner		
8:00	Fun and games		

Registration process

Registration will take place electronically this year by completing a Google Form (link found at the end of this registration package). Please know, once you submit your Google Form, changes may not be able to be accommodated. The registration form has been set up to send you a copy of your responses.

Spaces will be filled on a first-come, first-served basis. Many sessions have a limited number of spaces, so please ensure you include your first, second and third choices for each session.

It is also important to ensure you complete all sections of the registration form; any missing information will mean your registration may not be processed.

For each session time, there will be the option to not register for a session. This will allow you to do something else with your time (any costs associated with this will be your responsibility). You may want to enjoy some quiet time in your room, enjoy any of the resort amenities or go into Haliburton or Minden to check out any of the shops or attractions there.

You will find the descriptions for each session along with a little bit about who the facilitators are on the following pages. There is 1 full day choice as well as 5 different session for each session time.

When selecting your choices on the registration form, please ensure you choose the correct session.

Your registration needs to be received by the end of the day on Wednesday, September 13th; late submissions will not be accepted.

Facilitator Biographies

Dianne Mathes

Dianne will be facilitating Soul Collage as a FULL DAY session.

Dianne Mathes is a social worker and therapist who loves to explore creative approaches to personal wellness and wellbeing. She brings many years of experience as an individual and family therapist and the love of visual and gentle, fun ways to empower yourself and love your life.



Glenda van Koot

Glenda will be facilitating the following sessions: Qigong, Discovering the Chakras – A Pathway to Inner Harmony, and Strategies to Staying Present.

Everything Glenda offers and everything she's learned has been to help You - to help you open your world and your heart to being more present, more serene and able to find more joy in life. She began this journey with extensive training as an Advanced davidji Masters of Wisdom & Meditation Teacher. Since that time she's broadened her skills to include becoming certified as a Gentle Trauma Release Practitioner, Reiki Master, Qigong Instructor, Certified Master Empowerment Coach and Yoga Nidra Teacher.



www.serenitywithglenda.com

Shannon Brohm

Shannon will be facilitating 3 Felt Tree Trio sessions along with our large group activity on Sunday morning (Fun Throw Pillow Covers).

I live and work in the Omemee area of Kawartha Lakes. I started Farmhouse 409 Creations to offer affordable workshops so anyone can attend and discover their creative genius! When I am not working full time or creating unique gifts in my office, I spend as much time as I can with my three beautiful grandchildren and love to get out on the water with my Seadoo. Looking forward to reconnecting with a wonderful group of professionals.

Michelle Martin

Michelle will be facilitating Exploring Compassion Fatigue and Resilience Building through Art Therapy sessions.

Michelle (She/her/hers) is a Professional Art Therapist and Registered Psychotherapist in private practice in Nogojiwanong/Peterborough. Michelle graduated with a Masters of Counselling with specialization in Art Therapy from Athabasca University and the Vancouver Art Therapy Institute in 2019. <https://martinarttherapy.ca/>



Michelle Taylor- Leonhardi

Michelle will be facilitating 3 The Medicine Wheel and You sessions.

I am a proud mother of three, I'm a daughter, I'm a sister, a very proud auntie/great auntie, I am a niece, I am a cousin, I am a friend, I am an educator, and I am a proud Anishinaabe Kwe from Oshkiigmong (Curve Lake First Nation).

Sandra Robinson

Sandra will be facilitating 2 Cookie Decorating sessions (10:00-11:30 and 1:00-2:30).

Sandra Robinson is co-owner and lead creative of Baking Me Crazy, located in Peterborough. "I absolutely love that I stumbled into the incredible world of decorated sugar cookies in 2019. Since then, I've turned my hobby into a growing part-time business. I'm honored to be a presenter at this year's Early Learning Wellness Conference, and I can't wait to share my passion with you!"

Suzanne Dionne

Suzanne will be facilitating 1 Zen Turtle Painting Experience session (3:00-4:30)

As part of my wellness journey I have curated a zen turtle painting experience that I enjoy sharing with others. Some of my other interests include spending time with my family, yoga, qigong, meditation, mayan cacao healing ceremonies, reiki, kayaking, nature, hiking, SUP, camping, and traveling.



Session Descriptions

Full Day

F1: Soul Collage – Dianne Mathes

A Soul Collage day provides participants with the opportunity to explore and express themselves by creating cards, sharing cards, journaling, and consulting cards about life questions. Participants make cards using magazine images(which are provided and you are welcome to bring your own and then gluing them to 5in by 8in matte boards. All needed supplies are provided at the workshop. Once a card is created, participants learn various ways to read and consult their cards to discover the personal information they hold. This can be done in many creative ways which are taught during the workshop. Soul Collage is based on the belief that visual images have support and information available to us if we follow our intuition. Soul Collage abides by the "[Principles of SoulCollage®](#)."



Image from:
www.soulcollage.com

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**Taking care of yourself
is the most powerful
way to begin to take
care of others.**

Bryant McGill

”

Keep reading on the following pages for more session choices!

10:00-11:30

A1: Qigong – Glenda van Koot

Qigong can be thought of as the Grandmother of Tai Chi - and it's easier to learn! Qigong is an ancient Chinese healing art composed of flowing movements that benefit your mind, body and spirit. I teach a style developed by my teacher and mentor called Flowing Zen Qigong, which feels like a beautiful moving meditation. You don't need special equipment and no athletic ability is required. All you need is a willingness to learn and clothing and shoes that you find comfortable and easy to move in. You will learn enough in this class to be able to easily practice a routine at home. You can visit this page www.serenitywithglenda.com/qigong to watch two short videos to learn more about Qigong and the movements.



A2: Felt Tree Trio – Shannon Brohm

In this session, participants will receive the materials and learn the steps to make their own Felt Tree Trio. The colours of the trees will be red, green and oatmeal. This session is for anyone of any creative level!



A3: Exploring Compassion Fatigue and Resilience Building through Art Therapy – Michelle Martin MC:AT, DVATI, RP, CCC of Martin Art Therapy and Psychotherapy

In this workshop we will explore through art-based activities personal strategies to reduce symptoms of compassion fatigue. Compassion fatigue is a term to describe the emotional and physical exhaustion that helping professionals and caregivers can develop over their career and has been described as “the cost of caring” for others.

The use of art therapy and expressive arts has been shown as an effective wellness strategy in reducing occupational stress for frontline and healthcare workers to help alleviate compassion fatigue and burnout.

No previous artistic skills required, only the willingness to have fun!
<https://martinarttherapy.ca/>

A4: The Medicine Wheel and You – Michelle Taylor-Leonhardi

Every day humanity says that struggle is a natural part of the human journey. It is normal to struggle, to have misfortunes and even failures. We need to remind ourselves that we haven't done anything wrong purposefully when difficult situations arise. The Medicine Wheel has teachings that help us as **human-beings** keep balanced. We will share these teachings and make a medicine bundle for you to keep.

A5: Cookie Decorating – Sandra Robinson

During this workshop you'll learn how to pipe, flood, and decorate your own beautiful fall sugar cookies. Each participant will receive a kit of: 6 Fall themed cookies (3 shapes), 3 icing colours, sprinkles, flower embellishment and a practice sheet for a beginner level class.



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1:00 – 2:30

B1: Discovering the Chakras - A Pathway to Inner Harmony – Glenda van Koot

Are you seeking a little more harmony and balance in your life? Have you heard of chakras but aren't quite sure what they are? Or would you like to have a better understanding of them? In this workshop I'll take you on a guided tour of the seven main chakras, helping you understand their significance, attributes, and how they can impact your life and well-being. Not only will they help you better understand yourself, they can also help you better understand those around you!



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3:00-4:30

C1: Strategies to Staying Present and In The Moment – Glenda van Koot

How can we stay out of our head, go into our heart, and simply be more present in our daily lives? Awareness is the key. Awareness of our body, our thoughts, and what is around us. Join me for this experiential session where we'll explore different aspects of all of those elements. Weather permitting, we'll even spend a bit of time outside, so please come prepared. And dare I say....a bit of chocolate may be involved before we finish!



C2: Felt Tree Trio – Shannon Brohm

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C5: Zen Turtle Painting Experience – Suzanne Dionne

Join Suzanne from Turtles by the River for a zen experience. The session begins with a brief introduction/instruction followed by an explanation of intention setting. Each attendee will then set an intention. With this intention in mind attendees will then let their creative juices flow and paint a 15.75 inch by 11.25 inch concrete turtle. Your turtle will be a lovely addition to your garden, path, deck, or other outdoor space or may be gifted to a friend or loved one. I encourage attendees to paint with intention to create their unique turtle. The session will conclude with a draw for one of my already painted turtles (\$50 value).

*You are welcome to stay past 4:30 to finish painting your turtle



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Sunday Morning Group Activity

Fun Throw Pillow Covers – Shannon Brohm

Before heading home, you will be able to join us in the ballroom at 10:00 to create your own Fun Throw Pillow Covers. Each participant will receive 1 white and 1 dark gray pillow cover. There will be a variety of colours and shapes from fabric and wool will be provided and adhered using permanent liquid fabric adhesive.



*Registration is required for this session; you will be able to register on the registration form.

Ready to register?

- Complete your registration form here: <https://forms.gle/ZmyguCgNpk4ANQ3t6>
*ensure all areas are complete; registrations with missing information will not be processed
- Ensure you read and understand all parts of this registration package, including:
 - Eligibility criteria
 - Information about accommodations
 - Cancellation and non-attendance procedure
 - Registration process
- conference registrations are due by the end of the day on Wednesday, September 13, 2023
- A rooming list google form will be sent to everyone who registers for the conference the week of September 5; this needs to be completed and submitted by September 15, 2023
- late registrations and/or rooming lists will not be able to be accepted

Note for those that are not in an eligible program to attend but would like to attend:

We do have a limited number of spaces available through ELQI if you work in an Authorized Recreation Program or Special Needs Resourcing. Please express interest to your manager and they (manager) can reach out to Beckie to see how many spaces are remaining **before** completing a registration form.