

# 2021 Virtual Fall Education Conference

Monday Oct 18

Tuesday Oct 19

Wednesday Oct 20

Thursday Oct 21

Friday Oct 22

## CHF BC Members

- \$150** Full conference access
- \$100** Partial conference access  
Opening and closing plenaries, mental health activities, 2 workshops, 4 daily prize draws
- \$50** Limited conference access  
Opening and closing plenaries, mental health activities, 1 workshop, 3 daily prize draws

## Community Organizations

Housing sector, co-operative organizations, interested individuals

- \$200** Full conference access
- \$150** Partial conference access  
Opening and closing plenaries, mental health activities, 2 workshops, 4 daily prize draws
- \$100** Limited conference access  
Opening and closing plenaries, mental health activities, 1 workshop, 3 daily prize draws

4:00 pm – 5:00 pm

*Meet & Greet e-Social  
Breakout Chat Rooms*

5:00 pm – 6:00 pm

*Closing Plenary: The  
Alchemy of Joy –  
Cultivating Meaning and  
Peace Amidst Challenge*

**Dr. Mark Sherman**  
Living this Moment &  
BC Association for Living  
Mindfully (BCALM)

Register 4 or more people from  
your co-op or organization and  
the 5th person attends for free

5:30 pm – 5:50 pm

*Guided Stretching*

**Alex Yang**  
West End Wellness & Truth  
Health Studio

5:30 pm – 5:50 pm

*Guided Meditation*

**Anita David**  
University of British Columbia &  
BC Centre for Disease Control

5:30 pm – 5:50 pm

*Chair Yoga*

**Kelly Urquhart**  
YOGA with Kelly Urquhart

6:00 pm – 6:15 pm

*Territorial  
Acknowledgement*

**Dr. Gwendolyn Point**  
BC Assembly of First Nation  
Chiefs

6:15 pm – 7:15 pm

*Opening Plenary: From  
Mindless to Mindful*  
**Dena Jackson**  
Comedian, Ego podcast host

7:15 pm – 7:30 pm

*Conference-at-a-glance  
Prize draws*

6:00 pm – 8:00 pm

*Tools for Managing Stress &  
Burnout*

**Jennifer Aberman**  
Trauma Informed Counsellor

*Self-Care and Wellness*

**Genevieve Thompson**  
University of Victoria

*Mental Health & The Effective  
Helper*

**Donna Bonertz**  
New View Society

6:00 pm – 8:00 pm

*Wellness in a Time of Change  
and Transition: Nature Healing*

**Dr. Honoré France &  
Dr. Carmen Rodriguez de  
France**  
University of Victoria

*Rethinking the Grieving  
Process*

**Jessica Wolf**  
BC Association of Clinical  
Counsellors

*Mindful Parenting*

**Dr. Mark Sherman**  
Living this Moment &  
BC Association for Living  
Mindfully (BCALM)

6:00 pm – 8:00 pm

*Self-Aware for Self-Care*

**Anita David**  
University of British  
Columbia &  
BC Centre for Disease  
Control

*Anxiety - What It Is,  
Ways to Cope and How  
to Help Others*

**Janet Bertrand**  
BC Housing

*Recognizing Declining  
Well-being in the Self*

**AI Visram**  
Fine Balance Wellness

6:00 pm – 6:15 pm

*Wrap up, thank you &  
prize draws*

## Prizes

- Sound Mates Bluetooth Wireless Ear Buds (2 sets)
- Magic Bullets (2)
- Master Chef 16 QT Stock Pot
- Danby Wine Coolers (2)
- Black + Decker 10-speed blender
- Craftsman – 2-tool combo kit (Impact Driver and Drill Set)
- Hoover Whole House Elite Pet Vacuums (2)

**Register**

Full conference details

[www.chf.bc.ca](http://www.chf.bc.ca)



8:00 pm – 8:05 pm

*Prize draws*

8:00 pm – 8:05 pm

*Prize draws*

8:00 pm – 8:05 pm

*Prize draws*