

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 - 8:00 pm



Tools for Managing Stress & Burnout
Lu Ripley
Crisis Intervention & Suicide Prevention Centre of BC

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

6:00 pm - 8:00 pm



Self-Aware for Self-Care
Anita David
University of British Columbia & BC Centre for Disease Control



6:00 pm – 6:15 pm

Wrap up, thank you & prize draws

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

Self-Care and Wellness
Genevieve Thompson
University of Victoria

Mental Health & The Effective Helper
Donna Bonertz
New View Society

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)

Anxiety - What It Is, Ways to Cope and How to Help Others
Janet Bertrand
BC Housing

Recognizing Declining Well-being in the Self and How to Increase Personal Well-being
Al Visram
Fine Balance Wellness

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)



8:00 pm - 8:05 pm

Prize draws

8:00 pm - 8:05 pm

Prize draws

8:00 pm - 8:05 pm

Prize draws

Register

Full conference details

www.chf.bc.ca

