



well. being well

2021 Oct 18 – 22
Virtual Fall Education Conference

Register
www.chf.bc.ca



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*

Lu Ripley
Crisis Intervention & Suicide
Prevention Centre of BC

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
and How to Increase
Personal Well-being*

Al 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



8:00 pm – 8:05 pm

Prize draws

8:00 pm – 8:05 pm

Prize draws

8:00 pm – 8:05 pm

Prize draws