

re·sil·ience

(ri-zil-ee-uhns) *noun*

The ability to recover from or adjust to trauma or stress.

Ordinary Magic

Fostering Resilience in High Risk Children

March 16, 2012

Southside Events Centre 8:30 am - 4:00 pm

Our Presenters

Keynote Presenter **Fif Fernandes** is a Certified Laughter Yoga Teacher and a Therapeutic Clown working at the Alberta Children's Hospital primarily in Emergency and Palliative Care. She is the co-founder of The Art of Peace, A Camp for Kids, in its 7th year in Canada - now also in Uganda and growing internationally.

Keynote Address **The Magic of Creating an Inclusive Community of Love** Through the power of story, laughter, breathing, and magic, Fif will share stories and tools she uses to create harmony and community with infants, children, and adults from all ethnic, racial, and cultural backgrounds.

Closing Address **Honouring Ourselves: Sustaining the Love and Magic Through Laughter Yoga** Fif will wrap up the day by leading participants in specific laughter exercises, breath work, rhythms, visualizations, and relaxation techniques to integrate the right brain and left brain and enhance the powerful teachings of the day.

Website www.laughingpeace.com

Presenter **Evelyn Wotherspoon** is a social worker and Zero To Three fellow who has devoted her career to high-risk children and families. For the last decade she has been providing infant mental health consultations to child welfare workers, lawyers, and judges in Calgary.

Full Day Presentation **Ordinary Magic: Fostering Resilience in High Risk Children** According to author Ann Masten, resilience is derived from the 'ordinary magic' of human relationships. In this workshop participants will discover how young children engage in relationships from birth and how they use those relationships to regulate their emotions, attention, and behaviour. This part of the presentation will explore how caring relationships shape and sculpt the developing brain, how children use relationships to regulate their stress response, and how children learn important social skills such as empathy, persistence, and delayed gratification.

The afternoon will emphasize strategies that caregivers can use in day care settings, classrooms, and the home environment to heal emotional trauma in young children, support healthy development, and promote resilience.

Website www.evelynwotherspoon.ca

Registration

Name(s) _____

Organization _____

Mailing Address _____

City, Postal Code _____

Telephone _____

Email _____

Registration is \$100 per person. Lunch and snacks included.

Two payment options:

1. Phone 403.580.3804 to pay with Visa or Mastercard **or**

2. Please detach and return with a cheque payable to:

Speech and Language Works Inc.

#104, 640 3rd Street SE

Medicine Hat, Alberta T1A 0H5

Number of people attending: _____ x \$100 = \$ _____

ACSLPA members: _____ x \$85 = \$ _____

Total payment enclosed \$ _____

* \$50 refund will be given to registrants that cancel prior to February 15, 2012