

# Agenda



## FRIDAY, June 15, 2018 – CARE4YOU CONFERENCE

8:00AM	REGISTRATION		
8:30	A WELCOME FROM OUR PRESENTING SPONSOR: IWK HEALTH CENTRE Dr. Krista Jangaard, Interim CEO, IWK Health Centre		
8:35	BEYOND KALE AND PEDICURES: WHAT WORKS TO REDUCE COMPASSION FATIGUE AND BURNOUT? Françoise Mathieu, M.Ed., RP, CCC., Co-Executive Director, TEND		
9:45	BREAK		
10:00	BRINGING THE IVORY TOWERS INTO THE SWAMP: TRANSFORMING COMPASSION FATIGUE FROM CONCEPT INTO SKILLS Brian C Miller, Ph.D.		
11:00	TRANSITION TO BREAKOUTS		
11:15	<b>1A: Room Halifax A</b> <b>Compassion Fatigue 101</b> Françoise Mathieu, M.Ed., RP, CCC Co-Executive Director, TEND	<b>2A: Room Halifax B/C</b> <b>Grounding Techniques and The Neurobiology of Stress</b> Diana Tikasz, MSW, RSW Coordinator, Sexual Assault/Domestic Violence Care Centre, Hamilton Health Sciences & TEND Associate	<b>3A: Room Nova Scotia D</b> <b>Grounding Yoga Practices to Relieve Workday Stress</b> Kathy Bourgeois, MSW, RSW, RYT accompanied by Dorado, Accredited Facility Dog SeaStar Child and Youth Advocacy Centre in Halifax, NS, Registered Yoga Teacher, Yoga Alliance Dawn Collins, RYT Registered Yoga Teacher, Yoga Alliance
12:15	LUNCH		
1:15	THE NEED FOR COMPASSION: SELF-CARE IN THE WORLD OF ADDICTION MEDICINE Dr. Alana Hirsh, MD, CCFP-EM Family Physician & Addiction Medicine Advocate		
2:00	TRANSITION TO BREAKOUTS		
2:15	<b>1B: Room Nova Scotia C</b> <b>Organizational Health 101</b> Françoise Mathieu, M.Ed., RP, CCC Co-Executive Director, TEND	<b>2B: Room Halifax A</b> <b>Dealing with the High Conflict Workplace: Tools to manage challenging issues in the workplace</b> Meaghan Welfare, BA TEND Associate	<b>3B: Room Halifax B/C</b> <b>An Introduction to the Art &amp; Science of Mindfulness &amp; Resilience</b> David A Lovas, MD, FRCPC Physician Co-Lead, Emergency Mental Health & Addiction Service, IWK, Program Director, Child & Adolescent Psychiatry Residency, Dalhousie University
3:15	BREAK		
3:30	INVESTING IN YOU: NOW WHAT? Françoise Mathieu, M.Ed., RP, CCC., Co-Executive Director, TEND		
4:30PM	CONFERENCE ENDS		



@tendacademy  
#CARE4YOU



care4youconference

www.tendacademy.ca

CARE  
4YOU