



Off the Beaten Path

Inspirations for a journey to mental wellness

Sara Riel Inc.

Mental Health Strategies Conference and Events

Centre Sara Riel • 66 Moore Avenue • Winnipeg Manitoba

In Recognition of Mental Illness Awareness Week

Monday, October 6 to Friday, October 10, 2014

SPEAKERS • PRESENTATIONS • WORKSHOPS • MENTAL HEALTH EXPO • OPEN HOUSE • AND MUCH, MUCH MORE...

Off the Beaten Path

Monday

8:00

Registration

8:30

Emcee – Big Daddy Tazz

9:00-12:00

Ron Coleman *The Voice Inside: An Introduction to Hearing Voices*

1:00-4:00

Workshop: Ron Coleman

Ron is a Mental Health Trainer and Consultant specializing in Recovery and Psychosis. Following his role as national coordinator of the 'Hearing Voices Network' he used his experiences of recovery to design training packages and workbooks to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience. Ron's own route to recovery, after spending thirteen years in and out of the psychiatric system, has given him many insights into the numerous difficult issues facing today's mental health services.

Tuesday

8:00

Registration

8:30

Emcee – Chrissy Troy

8:45

Aida Strocovsky MD, Psychotherapist *The Value of Community in Mental Health Recovery*

Aida has been a Psychotherapist for over 30 years, in two hemispheres. She trained as a Psychiatrist in her native Argentina and maintained a busy psychiatric practice until moving to Canada in the late 1990s. She has specialized in psychotherapy focusing on adolescents, adults, couples, and families, with a special interest and extensive expertise in substance abuse issues, post-traumatic stress disorder and domestic violence. She has been involved for years in multicultural counselling and thrives when working with complex family and individual situations, as well as differently-abled individuals and the elderly. Aida practices in Spanish and English.

9:30

Adam Trimble Athletic Therapist *Physical Reconditioning Benefits to Mental Health*

Activity is important element for your physical health, but it is also valuable to your mental health. Many of the benefits can directly impact symptoms experienced by people managing their mental health issues. Adam will explain the psychological and physiological mechanisms that come into play during physical activity and help to explain why it is beneficial to people with mental health concerns. He will also present the keys to creating a successful physical activity plan. Being active does not mean you have to join a gym, take up jogging or learn a sport. There are lots of ways to be active – and they don't need to cost a lot of money. It can be a great way to meet people, and a chance to give yourself a well-deserved break from the stresses of daily life – to find some quiet time. Adam will show us how leading an active lifestyle can help increase our sense of self-worth, improve our confidence and help us feel valued – and value ourselves.

10:45

John Thompson B.Sc. Pharm. *The Risks and Benefits of Psychotropic Medications*

John Thompson is a practicing pharmacist with over 13 years expertise in community setting and is the owner/operator of 2 Medicine Shoppe Pharmacies in Winnipeg. He provides patient-focused environments that are well-recognized establishments within our community. Today, John will be discussing the risks and benefits of an array of current pharmaceutical therapy options available to consumers with mental health diagnoses, and their impact on medication management strategies.

1:00

Dr. Tracie Afifi PhD *Childhood Abuse and Outcomes in Adulthood*

Dr. Afifi completed the Master of Science (MSc) program in Family Social Sciences in 2003. Her thesis research focused on the relationship between child physical abuse and adolescent motherhood. In 2009, she completed the PhD program in the Department of Community Health Sciences at the University of Manitoba. Her dissertation research examined problem gambling among women in Canada. She has developed two primary research interests in the areas of family violence and problem gambling. She has used population-based data from Canada, the United States, and the Netherlands to investigate mental and physical health correlates of both family violence and problem gambling.

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Tuesday

2:00 **Dr. Jitender Sareen** B.Sc., M.D., FRCPC *Trauma and PTSD*

Dr. Sareen is a Professor of Psychiatry in the University of Manitoba Departments of Psychiatry, Psychology and Community Health Sciences. He currently serves as the Director of Research and Anxiety Services in the Department of Psychiatry at the Health Sciences Centre in Winnipeg. He is a consulting psychiatrist for the Veterans Affairs Canada Operational Stress Injury Clinic at Deer Lodge Hospital. Dr. Sareen Chairs the Research Committee for the Canadian Psychiatric Association and has published over 175 peer-reviewed publications in the areas of traumatic stress, anxiety disorders, aboriginal suicide, psychiatric neuroimaging, and military mental health. He holds the Manitoba Health Research Council Chair Award. He also has awards for excellence in clinical research.

3:15 **Louise Blanchard** MA, CCC *Holistic Approaches to Mental Wellness*

As Founder of the Birch Wellness Center, a multidisciplinary collaborative private practice located in the heart of Winnipeg, Louise is committed to providing excellence in psychological, emotional and physical health care. She is a Canadian Certified Counsellor with over 20 years of experience in both public and private practice settings. She works with adults, teens, children and families. As an experienced clinician, she helps clients resolve issues related to trauma, loss, anxiety, depression and relationship problems.

Wednesday

8:00 **Registration**

9:00-12:00 **Dr. Doug Tataryn** PhD *Emotional Processes in Psychological Well-Being*

1:00-4:00 **Workshop: Dr. Doug Tataryn**

Dr. Tataryn received his Ph.D. in clinical psychology in 1991 from the University of Arizona, minoring in statistics and research methodology. He is presently in full-time private practice (clinical, research, sports Psychology and Performance enhancement, life-coaching) and is an adjunct professor with the Faculty of Medicine at the University of Manitoba. Dr. Tataryn's main research interest and clinical focus was in understanding the central role of emotional processes in psychological well-being and the development of chronic diseases. Dr. Tataryn is a long-time meditator and conducts seminars in the areas of Bio-Emotive Integral Framework, integral theory, sports psychology, and the integration of psychology and spirituality.

Thursday

Sara Riel Open House 8:30 – 4:00 & **Community BBQ** 5:00 – 7:00

Open House Presentations will include discussions on:

- Sara Riel's Volunteer Program
- Seneca Respite
- Employment Services
- Community Supports
- Overview of Sara Riel Groups
- Sharing of Lived Experiences in Mental Health

Friday:

Pancake Breakfast 8:00 – 10:30 & **Coffee House Talent Show** 10:30 – 1:00

Monday-Wednesday

3-Day Rate: \$325 "Early Bird" 3-Day Rate: \$300
Daily Rate: \$150/day "Early Bird" Daily Rate: \$125/day

Lunch and Nutrition Breaks Included

Act now! The "Early Bird" Rates are only valid on registrations and payment received before September 26, 2014 at 4:00 p.m.

Thursday

Open House/Presentations: Free to attend, Doors open at 9:00
Community BBQ: \$5/person, 5:00-7:00

Friday

Pancake Breakfast: \$2/person, 8:00-10:30
Coffee House/Talent Show: Free to attend, 10:30-1:30

Register Now!

Name: _____

Agency (if applicable): _____

Address: _____

Phone Number: _____ Email: _____

Please complete only one registration per person, copy and fill out as many as you require.

Payment Method: Cheque Cash Invoice Credit Card

Type of Card: Visa MasterCard Am/EX Discover

Credit Card # _____ Expiration Date: _____ CVV: _____

Cardholder Name (print exactly as it appears on card): _____

Return this form to Sara Riel Inc. via email, fax, mail, or drop it off in person.

Email: lwarman@sararielinc.com • Fax: 204-233-2564 • 66 Moore Ave, Winnipeg, MB R2M 2C4

If you have any food allergies or sensitivities, please let us know.