



The Association of Family Life  
Educators of Quebec

## “No Frills” Professional Development & Networking Day

**Saturday, May 15<sup>th</sup>, 2010**

**8:45 to 4:30**

*Looking out, Reaching out, &  
Acting Responsibly in our  
Work and Community*

For students, practitioners and individuals in:

- Family Life Education
- Community Organization
- Youth & Child Care
- Social Work
- Counseling
- Parenting
- Elder care
- Teaching
- Nursing



**Applied Human Sciences Department**  
**2<sup>nd</sup> & 3<sup>rd</sup> Floor VE Bldg.**  
**Loyola Campus, Concordia University**  
**7141 Sherbrooke Street West**

*Next to Oscar Peterson Hall & Library*

Contact us: [info@afleq.ca](mailto:info@afleq.ca)  
Register online at [www.afleq.ca](http://www.afleq.ca)

(514) 867-6222 or  
(514) 683-3470 Ext. 1

### **Take note:**

**We encourage you to be environmentally friendly: please bring a portable mug and/or water bottle we will supply the beverages and water.**

**Yoga: dress comfortably and bring a towel.**

### **SCHEDULE**

- 8:45 Registration and Networking Breakfast VE:317
- 9:30 Welcome and Introduction to Day
- 10:00 Morning Sessions
- 12:00 Lunch & Annual General Meeting (15 mins)
- 1:00 Afternoon Sessions
- 3:00 Health Break- Networking
- 3:15 Ashtanga Yoga Workshop
- 4:15 Thank you and closure

### **Ashtanga Yoga**

**Vanessa Salvatore  
Teacher**

Learn to become fitter, stronger and calmer. Ashtanga yoga is a dynamic form of yoga which incorporates synchronized movement and breath (vinyasa) to promote safety and ease in one's body.

This workshop will focus on learning techniques that will release tension, create internal strength and proper breathing.

- Detoxification
- Body suppleness and strength
- Stress reduction
- Mental awareness for clearer thinking



**No Frills - The Best Value... ever!**

Your registration fee of **\$40.00** covers all sessions, a continental breakfast, health break, lunch and handouts. But ... to secure your place – send in your registration and cheque before the deadline of May 7

### **FOR MAIL IN REGISTRATION**

**“No Frills” Professional Development & Networking Day • REGISTRATION FORM**

**PLEASE PRINT NEATLY**

First Name \_\_\_\_\_

Last \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Position / Role / Organization \_\_\_\_\_

I am interested in becoming actively involved with AFLEQ? YES  NO  MAYBE

To cover your registration, meals and materials, please enclose a cheque for **\$40** made out to AFLEQ dated on or before May 7, 2010. We will send confirmation & details by email.

Send this form to the address overleaf, or through Concordia interoffice mail, or drop it in the AFLEQ mailbox outside Room VE-223

## MORNING SESSIONS

10:00 Option A - **Skye Barbic**  
**Occupational Therapist**



### ***Mental Illness in the Workplace***

Discover recovery principles and how to recognize and support the personal resourcefulness of people with mental illness. Learn how to understand and accommodate diverse views on mental illness, treatments, services and recovery.

Recovery means learning to live beyond the limitations set by the illness with meaningful lives. In this model, care providers are equal team members with the individual on his/her journey. As well, the workplace and community has the information and resources to accommodate the needs of individuals with mental illness. This includes access to supportive employment, affordable housing and treatment. By reducing stigma and enhancing the knowledge about this model of care, community services and resources can be more accessible to a vulnerable population.

10:00 Option B - **Catherine Gauvreau**  
**Human Rights Commission**



### ***Youth Protection: When to Report***

We will cover the identification of children whose situation could or should be reported to the Department of Youth Protection.

#### Objectives:

- Raise awareness about the protection of children's rights.
- Help participants understand the grounds on which a child's situation may be reported, and the clues that point to a situation in which a child is in danger.
- Help participants understand how to file a report.
- Demonstrate the role of the Commission des droits de la personne et des droits de la jeunesse.

## AFTERNOON SESSIONS

1:00 Option A - **Monique Caissie**  
**Family Life Educator**

### ***Conjugal Violence or just Another Argument?***

Conflict is a part of normal life. Because of that, conjugal violence is often misunderstood. How does conjugal violence start? How does the victimization of women develop in the first place?

In order to gain a better understanding of this ongoing social concern, we will be defining normal conflict and the power dynamics within relationships. We will compare what elements exist in conjugal violence versus a relationship based on equality. There will be a learning activity to gain a better understanding.



Time permitting; we will review the cycles of conjugal violence.

1:00 Option B - **Shirley Sarna**  
**Human Rights Commission**

### ***Racial Profiling and Advocacy***

Racial profiling refers to any action undertaken by a person in a situation of authority, who applies a measure - without reasonable justification or in a disproportionate way - to certain segments of the population because of their race and ethnicity.



We will investigate and plan what you need in your "tool box for social change" in your workplace. What are the "nuts and bolts" of human rights advocacy and how do we get started? Learn to define and present the human rights issue or cause, determine the most effective recourse, discuss strategies like monitoring, community outreach, lobbying, media relations, etc. This workshop will provide basic advocacy training and follow-up support services.

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**AFLEQ**  
**Concordia University (VE-223)**  
**1455 de Maisonneuve West Montreal,**  
**Quebec H3G 1M8**

or through Concordia interoffice mail.

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