



Labrador Regional
Wellness Coalition

BUILDING HOPE

Building Community
Capacity to Help with
Trauma

LRWC Conference & AGM

May 29 & 30 2018

Northern Cross Community Church
Goose Bay, NL

We are offering any donations of personal hygiene products or non-perishable food items to Apenam's House (Treatment Program, Sheshatshiu): Please bring a donation in place of a registration fee.

REGISTER NOW!

Fill in the attached Registration Form

You must also fill out a separate Travel Subsidy Request Form for travel costs, they are not automatically given.



Conference Presenters

JAN MORRISON & DAWNA LEE Earthing: Strengthening Attachment

When children have had chaotic times their attachment to the adults in their lives may be in peril. Whether you are a parent, a foster parent, a teacher, or a health care professional, there are ways to help the children in your care feel safe. This workshop will provide some excellent ways to repair and rebuild healthy attachment. This will be an experiential workshop!

Jan Morrison is a psychotherapist and facilitator who has been in private practice for twenty-eight years. Jan worked at the Charles J. Andrew Treatment Centre in Sheshatshiu as the program facilitator and outreach counselor for three years. She now focuses her time at the Sheshatshiu Innu School. Her main interest over the years has been to work with youth, and she is very interested in how parents, teachers, and health care workers can help repair the breaks in attachment that have happened, particularly in aboriginal communities. She has developed a workshop in parenting for attachment that teaches simple effective ways that parents and those who work with children can foster attachment to help develop resilient and healthy children.

Dawna Lee is a graduate of the Kutenai Art Therapy Institute. The focus of her work is attachment, trauma and healing by using art as a modality. She lives and works in Sheshatshiu, Labrador.

Conference Presenters

KRISTEN WILLIAMS, Ph.D., R.Psych &
JUNE KIRKLAND-SMITH, MSW, RSW

Childhood Trauma: Practical Approaches to Care

This presentation will provide a brief overview of childhood trauma and its impacts, outline factors that influence trauma responses, review childhood presentations of trauma, and provide practical strategies for working with children who have experienced trauma.

Kristen Williams is a registered psychologist working with the Janeway Lifestyle Program. Kristen obtained a B.A. and a M.Sc. in Psychology from Memorial University, and a Ph.D. in Clinical Psychology from the University of Windsor. Kristen's doctoral research focused on risk and resilience in circumstances of childhood parentification. Kristen works clinically with children, adolescents, and adults.

June Kirkland-Smith is a social worker with the Janeway Lifestyle Program. Her permanent position is as the Clinical Practice Coordinator with Central Intake, Eastern Health. She has over 30 years of social work experience working in residential, community, private practice and hospital settings. June received her Masters and Bachelor's degrees in Social Work from Memorial University. She is also certified in Reality Therapy and Control Theory Psychology. June has worked with children, youth, families and groups in a variety of settings. She has focused most of her work in the areas of mental health.

Conference Presenters

BRENDA GEAR

Introduction to Trauma Informed Care: How Trauma Informed Care Helps Clients & Clinicians Understand Mental Health

Brenda is an Inuit social worker with family roots firmly planted throughout the Nunatsiavut region of Labrador. Brenda's interest in social work began in 1992 while she she worked as a women's counsellor providing women-centred counselling services to women and children in the area of domestic violence. She worked at Libra House for five years before embarking on her Bachelor of Social Work degree in 1997. After completing her Bachelor of Social Work degree from Dalhousie University she returned to Labrador to work with First Nations, Inuit and Metis in the areas of mental health and addictions and child welfare. She has also provided assessment, diagnostic and direct care to active members of the Canadian Armed Forces and worked in Arviat, Nunavut providing community social work programming. In 2015 Brenda graduated with a Masters Degree from the University of British Columbia specializing in trauma informed care and is currently working with the Innu Round Table Secretariat in their prevention services office. When not working she loves fishing.

Conference Presenters

CAROLYN MICHELIN

Nunatsiavut DHSD Trauma and Addictions Team

The DHSD. NG. Trauma and Addictions Team consists of four members: Senior Therapists and three counsellors, all are Nunatsiavut beneficiaries. Each member of our team has many years of experience in the helping field especially in our communities. The team travels to all Nunatsiavut communities and Upper Lake Melville area.

Our programs are Inuit specific, we do not deny anyone from taking part. We will present information about a few of our programs. Our team has done family interventions with children and parents who have reunited after the kids came out of care.

Our programs are highly recommended and our evaluations are 99 % positive. We have travelled to the Island portion of the province and given training to 50 plus folks in St. John's.

KRISTIN SELLON

Apenam's House: Residential Treatment Program

Kristen Sellon is the step-daughter of Apenam Pone and has lived in Sheshatshui for over 30 years. She is the proud mother of four children and fosters three others. She has been fostering for 11 years and specializes in fostering children suffering from FASD, trauma, and those affected by solvent abuse.

Kristian's greatest mentor and role model is her mother, Lynne Gregory, who is her reason for choosing the path of healing. She is in her recovery journey of 25 years of sobriety, and worked in residential treatment for 26 years. She is an expert in programming and counselling and is Manager of Sheshatshui Innu First Nations treatment program, "Apenam's House."

Conference Presenters

MARGARET GOUDIE PARSONS

Inspirational Speaker

Margaret Goudie Parsons is a proud daughter of Labrador. She finds writing to be good therapy.

She has been writing ever since she could write and always had a love for this God-given gift. She never had the opportunity to pursue her dream of writing during her younger years, as out into the work-world she went. She married, had a family which took up most of her time.

So she has been a self-taught writer learning all she could, whenever she had the chance. She has completed courses from Athabasca University, Memorial University, and Inscribe Christian Fellowship.

Margaret has taken part in writing workshops offered by WANL(Writers Alliance of Newfoundland and Labrador) in St. John's and Corner Brook. She also did short film writing course. She was the first representative on the WANL Board of Directors.

She has been published in Our Canada, Them Days, The Labradorian, Labrador Life, Yuletide, and The Evening Telegram. In 2006 she submitted her story, ``My Sophisticated Suit`` to Vintage Canada's publication of My Wedding Dress, an anthology and was honored to be selected to share a spot there.

Margaret has been married to her husband Lee for 52 yrs. They have four grown children, 2 grandchildren, 2 great grandchildren whom call her Gigi. Margaret has spent all of her life in Labrador and loves the Labrador way of life.

She remains young at heart and has been known to tell her grandchildren , "That she is the coolest grandma in town."

Conference Agenda

May 29th

8:00-8:30am Registration

8:30-9:00am LRWC Opening of Conference & Welcome

9:00-10:00am Jan Morrison

10:00-10:30am Nutrition Break; Information Booth

Presentations

10:30-11:30am Jan Morrison

11:30-12:30 LUNCH

12:30-2:30pm Janeway, Kristen & June

2:30-2:50pm Nutrition Break Information Booth Presentations

2:50-3:20pm NG Trauma Team: Carolyn Michelin

3:20-4:00pm Apenam House: Kristin Sellon

May 30th

8:30-9:00am Facilitated Discussion: Thoughts from Day 1

9:00-10:00am Brenda Gear

10:00-10:30am Nutrition Break; Information Booth

Presentations

10:30-11:30am Brenda Gear

11:30-12:30pm LUNCH

12:30-1:15pm Inspirational Presenter (tentative)

1:15-2:45pm Blanket Exercise, Dianne Climenhage

2:45-4:30pm "Working Break"

Action planning and next steps

LRWC AGM business