



AN EDUCATIONAL DAY ON

# Building Resilience Through Co-Regulation

## Thursday, March 28, 2019

**LOCATION:** Liberty North Event Facility, 100 Caplan Avenue, Barrie

*Daytime Sessions*

**9:00am – 4:00pm**

**INCLUDES LUNCH  
COST \$95**

*Evening Session*

**6:00pm – 9:00pm**

**FREE WITH  
REGISTRATION**

### THIS EVENT WILL

- Help adults move from a “behavior management” approach to a self-regulation lens that emphasizes strategies to support the child in his/her environment
- Promote understanding of how an adult’s state of calm or stress level affects a child
- Help participants develop a restorative and self-care tool box as part of an adult’s strategy to model self-regulation
- Show benefits of co-regulation: adult to child, child to adult, child to child

#### For Further Information Please Contact:

Joan Kennedy, Program Director  
at 705.721.5437 ext. 202  
or via email at [joan@grievingchildren.com](mailto:joan@grievingchildren.com)

#### Should you require a subsidy to attend either session please contact:

Rowley Ramey, Managing Director  
at 705.721.5437 ext. 100  
or via email at [managingdirector@grievingchildren.com](mailto:managingdirector@grievingchildren.com)

#### Daytime Session Includes:

##### **DR. SUSAN HOPKINS, MEHRIT CENTRE**

Dr. Susan Hopkins, MEHRIT Centre - Keynote Speaker and Breakout Session Facilitator  
Dr. Susan Hopkins is the Executive Director of Dr. Stuart Shanker's organization. Susan has been a teacher, school administrator, inclusive schooling coordinator, curriculum developer, educational researcher, and educational leader. She has worked in every area of education from the early years to post-secondary, from remote northern schools to the Department of Education.

##### **Christy Hamill – Breakout Session Facilitator**

Mental Health Lead at North East Ontario School Authorities.  
Child and Family Therapist, special interest in grief counselling with children and families.  
Founder of Christy Hamill Consulting, 2015

##### **Cathern Lethbridge – Breakout Session Facilitator**

Simcoe County District School Board K-12 Principal of Well-Being.  
Responsible for the development and implementation of programs that support the well-being of students and staff.

#### Evening Session Includes:

##### **DR. SUSAN HOPKINS, MEHRIT CENTRE**

Vendor Market - participants move to various stations to build a restorative and self-care tool box as part of an adult’s strategy to model self-regulation.  
Stations will relate to the five different domains of self-regulation and will be staffed by a facilitator. Stations will offer low-cost practical strategies like magic sand, slime, exercise, nature, nutrition, stress reduction, sleep, colouring for kids and for adults, music and knitting.

**TO REGISTER AND PURCHASE TICKETS ONLINE PLEASE VISIT**

**<https://barrie.snapd.com/events/view/1210336>**

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