

Champlain College Saint-Lambert presents:
A One-Day Conference Focused on Mental Health and Wellbeing.

Reflect, Restore, Re-imagine

Thursday May 25, 2023

8:30 AM – 4:00 PM

900 Rue Riverside, Saint-Lambert, QC J4P 3P2



In Search of Well-being – Moving From Chaos to Advocacy

Sharon McCarry, President, Executive Director and Colm McCarry's Mom

Join in our keynote's inspiring story of determination and persistence. Sharon's son was diagnosed with neurodiversity and autism as a child and thus she began a journey of career change and discovery. Sharon's care and commitment made her an advocate and leader in the field of autism. Listen to her long journey towards wellbeing.

Followed by Laughter Yoga with Wendy Singer.

Presented by

Champlain CONTINUING
COLLEGESAINTE-LAMBERT EDUCATION

With the support from

Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal
Québec

AEE SQ
Association des
Éducatrices et Éducateurs
Spécialisés du Québec

Morning Workshops 10:30 - 12:30 AM	Lunch 12:30 - 1:30PM	Afternoon Workshops 1:30 - 3:30 PM
<p>Session 1 What To Do In Moments Of Crisis? TAKE ACTION. Josianne Richard & Amanda Calderon Tracom: Crisis Center</p>		<p>Session 6 How Trauma Informed Care Can Improve Autistic Mental Health by Rania Jellazi Champlain College Saint-Lambert</p>
<p>Session 2 Strategies And Interventions To Address Youth Mental Health by Tony Alfonso, Oliver Fitzpatrick & Natalie Boileau Amiquebec</p>		<p>Session 7 A Guide To Support Well-being In A Covid-19 Adaptive Society by Kristofer Brown, Sarah Zreim & Jen Hinkkala McGill University</p>
<p>Session 3 Universal Design For Learning (UDL) And Student Wellbeing by Anna Barrafato Concordia University</p>		<p>Session 8 Be Informed & Know The Difference – Choose Effective Interventions by Elizabeth Shoiry Clinical Psychologist & Neuropsychologist</p>
<p>Session 4 Adapting Practices In Mental Health Through Listening To Autistic Voices by Eithne Sheeran & Datevig Etyemezian Centre of Excellence Lester B. Pearson School Board</p>		<p>Session 9 What Does It Really Take? Round Table with Clients, Parents & Experts sharing their experiences and insights.</p>
<p>Session 5 Boundaries And Barriers: The Dark Side Of Mental Health & Well-being by Laura Malbogot, Conference Consultant for Champlain College Saint-Lambert</p>		<p>Session 10 'Reimagine' Navigating the System with an Indigenous, Cultural Lens by Marla Newhook Batshaw Youth and Family Centres (CIUSSS)</p>

Early rate, prior to April 1st : \$105

Regular (From April 1st until May 15) : \$125

Student : \$55

Alumni : \$95

On-Site : \$145

Registe Online:

champlainsaintlambert.ca

eventbrite.ca

Includes networking lunch and workshop materials, taxes not included in prices.

This program provides 6 training hours for Social Workers.