

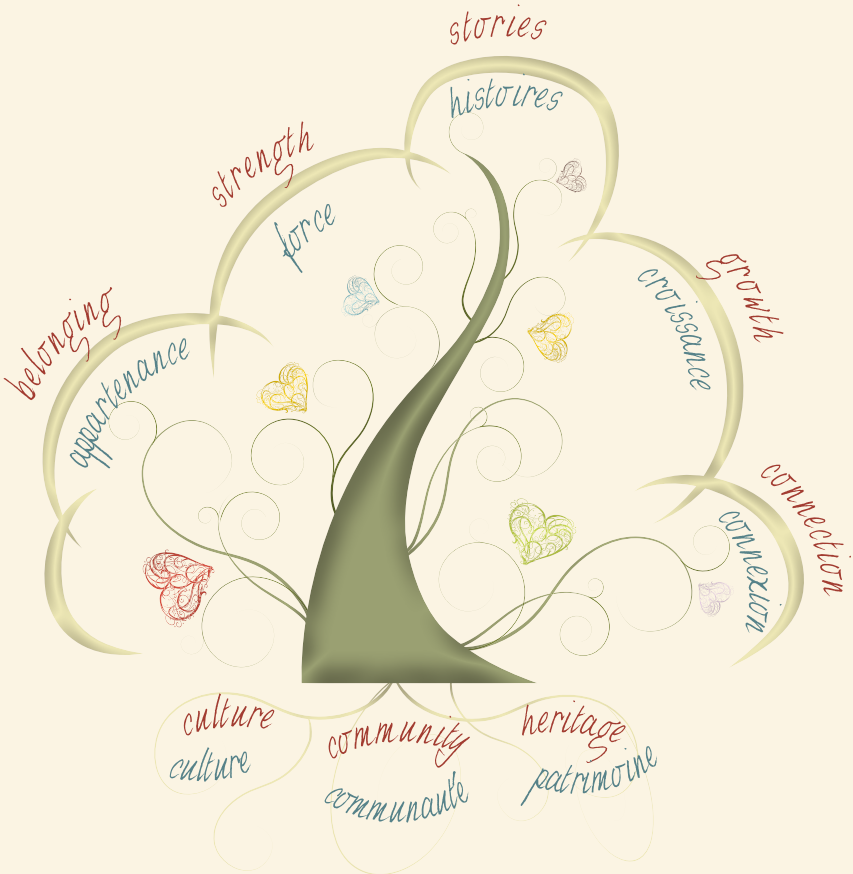
20th Annual
Healthy Communities Conference



Our Roots Bear Fruit

Tuesday, May 1, 2018

Providence University College
Reimer Student Life Centre, Otterburne MB
8:45 a.m. - 4:00 p.m.



Conference Highlights

We invite you to join us as we explore what it means to be a Healthy Community that produces the fruit of belonging, creates an environment to hear others' stories and grows strong connections of understanding among people who are rooted in their heritage, culture and community.

The conference will feature:

Welcoming Diversity; *Building Community*

A keynote presented by Karen Ridd

Karen is a mediator, teacher, facilitator and public speaker with over 30 years of experience working in the field of nonviolence. Her work with Peace Brigades International was



recognized with the 1992 Governor-General's Award: 125th Confederation of Canada Anniversary Medal, the 1990 Canada YM/YWCA Peace Medal and the 1989 Manitoba Human Rights International Achievement Award. Karen excels in alternative pedagogy and, has worked in a wide variety of settings, including Latin America, South East Asia and First Nations Territories. She has been an instructor at Menno Simons College for 20 years: for three years, "Rate My Professor" has listed her as the 'best' professor at University of Winnipeg. Karen is also an associate of Training for Change (Philadelphia) and Resolution Services (Winnipeg). In 2013 Karen was given the "Peace Educator of the Year Award" by the international Peace and Justice Studies Association.



You will also enjoy:

Community stories and displays highlighting some of what make our communities unique.

Concurrent workshops that explore the themes of accepting ourselves, our cultural stories and finding a sense of belonging, offered in French or English

Interesting, entertaining and informative bus tours of the RM of De Salaberry and Village of St. Pierre-Jolys

The afternoon sessions will be offered as concurrent workshops.
Workshops will be offered in English only, French only or bilingual.
Please pay attention to this when making your choices.

Workshop #1

choose one of the following:

Rolly's Bus Tour - RM of De Salaberry & Village of St. Pierre-Jolys

Join our entertaining guide(s) on a tour of many of the interesting and beautiful sites that make our communities great! You won't be disappointed. (Bilingual)

At the Heart of the Matter: stories of Culture & Identity - Frances Ravinsky: Community Works (Winnipeg)

This workshop will focus on the use of personal storytelling as a resource for exploring cultural identity and building bridges across culture. Particular attention will be paid to a multi-media storytelling process, digital storytelling. Participants will have the opportunity to watch some personal stories on the theme of cultural identity and to share some of their own. (English)

Dream-Catcher - Candace Lipischak, founder of Fat Daug - Hand Carved Antler Jewelry

Candace is a successful business owner, jewelry designer, Métis workshop facilitator and visual artist. Despite living with a disability, her business allows her to create while connecting with her heritage; carving her identity in each piece. Candace will be offering a dream-catcher workshop, giving participants the chance to create a cultural keepsake. (French)

"Being Me" - Lucy Fouasse: Lil' Steps Wellness Farm (St. Malo)

A session about the importance of understanding our identity and being able to accept our whole self, along with understanding the importance of feeling accepted and connected to others. Lucy will bring some of the animals at the farm and will integrate their teachings into the workshop. (English)

Workshop #2

choose one of the following:

Rolly's Bus Tour - RM of De Salaberry & Village of St. Pierre-Jolys

Join our entertaining guide(s) on a tour of many of the interesting and beautiful sites that make our communities great! You won't be disappointed. (Bilingual)

Let the Sun Shine In / L'ouverture d'esprit - Martial Tougas:

This hands-on workshop will take the participants to places many fear to go... no, not to explore our shadow selves! Quite the opposite. We will explore fun, improvisation, laughter, joy of discovery, public speaking, dramatic arts, goofiness, science and creativity! This workshop is all about having fun by being authentic selves and being amazed at who we can be... sometimes even surprising ourselves in minutes. First we need to find that spark which will light the skies with brilliance! It's show time! (French)

Storytelling with TiBert le Voyageur! Rob Malo: TiBert inc.

Raised in a franco-Manitoban Métis family, Rob Malo is a writer, performer and community-builder who delights kids and adults at schools and festivals, as TiBert le Voyageur! We will have a bilingual discussion about the importance of storytelling in our daily lives guided by TiBert as he teaches a story creation technique that works in both languages. (Bilingual)

Storytelling: an important tool for community development - Benjamin Kwadwo Bediako, from Ghana, West Africa

This workshop will teach the importance of storytelling to the children and youth in our community. Together we will analyze traditional Akan folk stories and identify the different values. In addition, we will take a break for drumming, music and dance, as it is integral to the traditions of storytelling in the Akan culture. (English)

Registration information... Register by April 17th

Visit www.southernhealth.ca and access What's Happening/ Events. Follow directions to the Rat River Recreation Commission to register online. Alternatively, access www.ratriverrecreation.com

Cost: \$50 (includes lunch & nutrition breaks)

Southern Health-Santé Sud staff: complete a regional Request for Leave form. Once approved by your supervisor, register online.

Cancellations must be made by April 17th or registrant will be billed for cost.

CONTACT INFORMATION:

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Substitution of participants is permissible. The Committee reserves the right to cancel the conference and will, in such event, make a full refund of the registration fee. No liability is assumed by the Committee for changes in the program.

This publication is available in alternate format upon request.



Conference presented by:

