

## Enhancing the Mental Health and Development of Children and Youth

### AGENDA

#### Day 1 ~ Friday, November 3

8:00 am	Registration
8:30 am	Opening Blessings
8:40 am	Welcome
8:45 am	Keynote: Dr. Vanessa Lapointe – <i>Emotional Regulation: The Importance of Navigating the Ups and Downs of Emotions for Kids</i>
10:15 am	Nutrition Break
10:45 am	Keynote Continued – Dr. Vanessa Lapointe – <i>Emotional Regulation</i>
12:00 pm	<b>Lunch Break – Lunch Provided (Visit Exhibitors)</b>

#### Afternoon Workshops A & B

1:00 PM

**A3 / B3**  
Adapting and Thriving – Key Role of Relationships in Promoting Resilience for Children & Youth –  
**Dr. Lapointe**

**A4/B4**  
Promoting Healthy Sleep for Children & their Families–  
**Dr. Wendy Hall**

**A5/B5**  
How Trauma and Neglect Impact the Developing Brain: Why you Matter?  
**Jan Ference**

**A6/B6**  
Kids Have Stress Too !!  
**Dr. Linda Scott**

**A7/B7/C7/D7**  
Facilitating Opt Outcomes in Feeding, Growth & Development: Multi-Lens Approach –  
**Dianne Tower**

#### 2:30 PM Nutrition Break – Visit Exhibitors

3:00 PM

**B3**  
Continued A3  
**Dr. Lapointe**

**B4**  
Continued A4  
**Dr. Wendy Hall**

**B5**  
Continued A5  
**Jan Ference**

**B6**  
Continued A6  
**Dr. Linda Scott**

**B7**  
Continued A2  
**Dianne Tower**

**4:30 Friday Workshops End – See you at the Social / or Saturday Day 2 of Conference**

**5:30 PM – Making Connections Social – Place TBA**