# Parents as Partners Conference

## Workshop Session: A1, B1, C1

## Room: 200A

### The Seven Sacred Teachings

#### Aboriginal Community Advisory Committee (ACAC)

Participants will learn Indigenous approaches to self-care by incorporating the 7 Sacred Teachings. The Seven Sacred Teachings are respect, love, humility, bravery, honesty, truth and wisdom. The Seven Sacred Teachings are based on the foundation of a “good way of life” and are a reminder of how we should respect and take care of ourselves, each other and Mother Earth (the environment). Participants of the workshop will have the opportunity to explore how the fundamental teachings of the Seven Sacred Grandfathers/Grandmothers can be applied at home, school, work and community.

Billie Jo Reynolds

Indigenous artist educator and teacher

Billie Jo Reynolds Tabobondung is an Indigenous artist educator and teacher. In pursuit of her dreams, Billie Jo left the office space and became a teacher in 2014. As soon as she graduated, she went home to Wasauksing FN to teach kindergarteners. She later returned to Toronto and is currently enjoying her role and responsibility as an occasional teacher with the TDSB, as well as being an arts educator sharing Indigenous knowledge and art practices.

# Parents as Partners Conference

## Workshop Session: A2, B2, C2 Room: 200B

### Honouring the Sacred Lodge Within: Holism through an Indigenous Lens

#### Aboriginal Community Advisory Committee (ACAC)

This session is dedicated to enhancing participants' knowledge in Indigenous Ways of Knowing/Being specifically related to the self. In today’s society, adolescents/youth struggle with self-identity. Indigenous perspectives in today’s context are an infusion of both traditional and contemporary philosophies that are guided by the Medicine Wheel Modality. The Life Cycle Teachings provides insight to the significances of Self-Identity. Through this insight, practical approaches can be applied in the classroom to empower our youth. Participants will learn indigenous perspectives to holism guided by the Medicine Wheel Modality. Participants will learn the significance of the “Sacred Lodge Within” while applying simple self-balancing tools. Participants will engage in a group dialogue on acceptable/best practices to incorporating Indigenous learning perspectives and activities in the classroom.

EJ Kwandibens

Member of the Loon Clan

EJ Kwandibens is a member of the Loon Clan and is of Ojibway descent originating from Whitesand First Nation community located 20+ hours north of Toronto. Currently he resides in Toronto. He is a northern style traditional and grass dancer for approximately 35 years. He has designed and constructed Aboriginal traditional apparel for approximately 30+ years as a self-taught Artist mentored by his mother Elsie Kwandibens and other northern woodland Ojibway elders. EJ Kwandibens has travelled across North America learning and attending traditional ceremonies since he was eight years old. His traditional Elders and mentors have provided him a strong foundation of his knowledge which has been influential in his personal and professional life. EJ Kwandibens is an Aboriginal 2 Spirited single parent who raised his 18 year old daughter. He has attained 25+ years of social work experience working in all streams which include education, child welfare, social services, mental health, corrections and the judicial system. EJ also held the position of Board Chair for the 2 Spirits organization in Toronto for five years. He has coordinated small to large productions including the 2 Spirits Pride Toronto float for 5 years to coordinating and choreography for World Pride 2014 opening ceremonies. As an Indigenous cultural educator for 10+ years, he has provided educational presentations to many TDSB schools and organizations throughout the GTA and the Province of Ontario. EJ currently works as a Culture & Traditions Instructor for Eastview Public School in Scarborough.

# Parents as Partners Conference

## Workshop Session: C3

## Room: 200C

### Understanding Your Child’s Mental Health & Well-Being

#### Behaviour Regional Services (BRS)

This presentation will address the following questions:

• What is stress, anxiety, and depression?

• How much is normal and healthy? How much is not?

• When I should be concerned with my child’s mental health & well-being? What are the signs I should watch for?

• How do I encourage my child to use social media & screens appropriately, safely, and moderately?

• How can I help my child to increase their self-regulation & resilience?

• What are some ways to connect with my child & support their needs?

• What can I do when I need help?

Paul Szego

Ph.D., C. Psych., Psychologist

Email: [paul.szego@tdsb.on.ca](mailto:paul.szego@tdsb.on.ca)

I am a Psychologist with the Toronto District School Board, and part of the Behaviour Regional Services Team. I engage with students, teachers, and parents across the city, helping to understand and address student's emotional, cognitive, behavioural, and/or academic challenges.

Sabena Fredric

MSW, RSW Social Worker

Email: [sabena.fredric@tdsb.on.ca](mailto:sabena.fredric@tdsb.on.ca)

I am a Social Worker with the Toronto District School Board. I have worked on the Autism team and Behaviour Regional Services team. I support students, school and families, especially around managing challenging behaviours.

# Parents as Partners Conference

## Workshop Session: A3

## Room: 200C

### The Narrative of Black Student Achievement

#### Black Student Achievement Advisory Committee

For decades, Black students have been underachieving within our school system. The reasons are multifaceted and steeped in Anti-Black racism. This workshop will address the "Narrative" that has been written for our Black Students, and shed light on how to best eliminate biases and stereotypes found within the structures, pedagogy and discipline of our students. Discussions and activities will enlighten, evoke thought, reasoning and provide information on new initiatives and policies within TDSB and the boarder community, to allow our Black students to write their own Narrative of success. OGAP 1.0, OGAP 2.0, Turner/James Report various Ministry documents and TDSB reports. A complete list will be provided closer to conference date.

Yvette Blackburn

Educator - EIC Guidance Counsellor LC1

Email: [yvette.blackburn@tdsb.on.ca](mailto:yvette.blackburn@tdsb.on.ca)

Yvette Blackburn is an elementary teacher/Guidance Counsellor and member of the Elementary Teachers of Toronto and former provincial executive officer of the Elementary Teachers Federation of Ontario. She sits on numerous Boards and Committees within her Union, the Community and Internationally. She holds three degrees in Education, Criminology and Political Science. Yvette has been a counsellor for students at-risk, an employment counsellor assisting visible minority and New Canadian women, an instructor with TriOS College, where she taught Canadian Government and Criminology in the Police Foundations Program. She is an individual that stands up for fairness and does not sit in indifference when wrongs are being committed or an issue needs to be raised. Even in the face of adversity, she champions the rights of individuals, and advocates for social justice and the principles of fairness.

Jamea Zuberi

Educator

Email: [jamea.zuberi@tdsb.on.ca](mailto:jamea.zuberi@tdsb.on.ca)

Jamea Zuberi has been transforming the lives of others through education for over 14 years. Deciding early on that she wanted to share her passion for science and mathematics with young people, Jamea obtained a Bachelor of Education degree from York University. Jamea was able to share her love of science and mathematics through the development of curriculum created to reflect gender-specific learning styles. She was also able to pass on her love of music, particularly her passion for steel pan. Jamea co-founded the Toronto Panatics Steelband and registered Toronto’s first step dance company, Conscious Step Ltd. She also founded Blockorama –the only Black stage at the Pride Toronto Festival, as well as organized the first Mas Band – “Pelau,” now celebrating its 9th year in the festival. For her community involvement with Black Queer Youth and other LGBTTI2Q youth groups, Jamea was recognized with the David Miller Mayor Volunteer Appreciation Award in 2007.

# Parents as Partners Conference

## Workshop Session: B3

## Room: 200C

### Our School… Our Community… Our Space

#### Community Use of Schools Advisory Committee (CUSAC)

Do you know that TDSB has more than 500 schools available for community use? Do you know you can run a community program in your school in the evenings and on weekends? Are you aware that TDSB permit costs are subsidized for community groups? Would you be interested in learning how to access the list of March Break and summer camps in your community school? This workshop will guide you through the process for permitting schools, permit requirements, spaces available and types of programs you can run in a school. It also highlights schools with spaces that can be offered for free through the Priority Schools Initiative (PSI) Program.

Ugonma Ekeanyanwu

Manager, Community Use of Schools

Email: [ugonma.ekeanyanwu@tdsb.on.ca](mailto:ugonma.ekeanyanwu@tdsb.on.ca)

Ugonma Ekeanyanwu has managed the TDSB’s Community Use of Schools department from inception. Leading a team of facilitators, she supervises outreach to promote the use of TDSB school space in the community. The department is also responsible for administering the Priority Schools Initiative (PSI), a program that provides free space in 77 schools to eligible community organizations.

Salin John

TDSB Facilitator, Community Use of Schools for Learning Centre 4

Email: [salin.john@tdsb.on.ca](mailto:salin.john@tdsb.on.ca)

As pioneer staff of the Community Use of Schools department, Salin helped develop the outreach program to promote the use of the TDSB school space in the community. Salin is also responsible for the Priority Schools Initiative (PSI) program and helps connect school communities with community organizations.

# Parents as Partners Conference

## Workshop Session: A4

## Room: 201A

### Navigating the School System as a Parent

#### Equity Policy Advisory Committee (EPAC)

Parents for Change Parent Ambassadors to share their experiences and knowledge with navigating the school system to advocate for their children.

Libertad Vega

Parent

Email: [aarraiz@workingwomencc.org](mailto:aarraiz@workingwomencc.org)

Parent Ambassador from Latinx Parents for Change.

Tamy Valdez

Parent

Email: [aarraiz@workingwomencc.org](mailto:aarraiz@workingwomencc.org)

Parent Ambassador from Latinx Parents for Change.

# Parents as Partners Conference

## Workshop Session: C4

## Room: 201A

### Social and Emotional Well-Being of Adolescents

#### Equity Policy Advisory Committee (EPAC)

Youth mental health has been a fast-growing concern globally. The TDSB’s Research Department has been collecting students’ well-being data since 2006 through its system-wide Student Census – the largest youth survey in Canada. Aside from collecting demographic information about the student population, the Census asks students about their in-school and out-of-school experiences as well as their physical health and emotional well-being. This workshop will provide an opportunity to listen to findings about adolescent emotional well-being in relation to various demographic and experiential factors, to ask questions about youth mental health, and to discuss ways and gather resources in order to support the well-being of our adolescent children.

TDSB Children and Youth Mental Health and Well-Being, Strategic Plan, [www.tdsb.on.ca/Portals/0/Elementary/docs/SupportingYou/TDSB Mental Health Strategy-StrategicOverviewYear3.pdf](http://www.tdsb.on.ca/Portals/0/Elementary/docs/SupportingYou/TDSB%20Mental%20Health%20Strategy-StrategicOverviewYear3.pdf)

TDSB Mental Health and Well-Being website

[www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-Well-being](http://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-Well-being)

CAMH Youth Mental Health [www.camh.ca/en/hospital/about\_camh/newsroom/understanding/Pages/mentalillness.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/understanding/Pages/mentalillness.aspx)

Hong Fook Mental Health Association

<http://hongfook.ca/association/>

Maria Yau

Research Coordinator, Toronto District School Board

Email: [maria.yau@tdsb.on.ca](mailto:maria.yau@tdsb.on.ca)

Maria Yau has been working at the school board for over 30 years. She has been a principal investigator on a number of system-wide research projects related to equity and diversity, including pioneering the Student and Parent Censuses, which collects identity-based data and data on student experiences and well-being.

Roxanne Chee

Special Education Experiential Learning (SPEEL) Teacher Lead, Toronto District School Board

Email: [roxanne.chee@tdsb.on.ca](mailto:roxanne.chee@tdsb.on.ca)

Roxanne Chee has worked with at-risk youth and in Special Education for much of her teaching career at the TDSB. Her interests include deepening her understanding of the mental and emotional health of students, and the role of mindfulness in strengthening well-being.

# Parents as Partners Conference

## Workshop Session: B4

## Room: 201A

## 

### Navigating Safe and Caring Schools with an Equity Lens

#### Equity Policy Advisory Committee (EPAC)

This workshop will look at the disciplinary process from an equity perspective and what parents and caregivers should know, including how to navigate safe and caring schools.

Krystle Skeete

Jane Finch Community Centre

Email: [krystles@janefinchcentre.org](mailto:krystles@janefinchcentre.org)

Krystle Skeet is the Program Manager of The Spot Settlement Services. She has been working at The Spot since 2007 and has been with the JFCFC since 2005. Krystle completed an Honours B.A in Sociology and Law & Society. Her M.Ed focused on urban environments.

# Parents as Partners Conference

## Workshop Session: B5

## Room: 201B

### The TDSB Journey Towards Equity

#### Equity Policy Advisory Committee (EPAC)

The TDSB continues to champion equity throughout the TDSB, as part of that work, is in the process of updating their Equity Policy. Come and explore how this will impact TDSB students, staff, parents and caregivers.

Marjolein Winterink

Parent Co-Chair of Equity Policy Advisory Committee

Email: [marjoleinwinterink@yahoo.ca](mailto:marjoleinwinterink@yahoo.ca)

Marjolein Winterink has been an involved parent with the TDSB for over 15 years. She has gained insight and experience in navigating the system. Marjolein was an active member of the Enhancing Equity Task Force, and has been Parent Co-Chair of the Equity Policy Advisory Committee for over two years.

# Parents as Partners Conference

## Workshop Session: C5

## Room: 201B

### Eat to Learn

#### Equity Policy Advisory Committee (EPAC)

What we feed our children nutritionally and emotionally impacts their ability to learn and foster positive relationships. This workshop is designed to inform parents about nutritional values and introduce food products that support brain function and overall health. The emotional impacts of learning will be explored by examining parenting strategies for elementary aged children and teens. [www.balephant.com](http://www.balephant.com), [Healingherbally.com](http://healingherbally.com/)

Deborah Castello

Certified Holistic Nutritionist, Artist and Educator

Email: [deborah.castello@tdsb.on.ca](mailto:deborah.castello@tdsb.on.ca), [deborahalison1@gmail.com](mailto:deborahalison1@gmail.com)

Deborah Castello is a Certified Holistic Nutritionist, Artist and Educator. Through her company Healingherbally.com she provides support to individuals and families on their journey to wellness. As a song writer and singer, she uses her musical talents as a source of healing and hope.

Keith Castello

Facilitator

Email: [help@belephant.com](mailto:help@belephant.com)

Keith Castello has presented parenting workshops across the GTA. As a parenting facilitator, he provides workshops to support families on their journey to raise confident, happy, responsible people. [www.balephant.com](http://www.balephant.com).

# Parents as Partners Conference

## Workshop Session: B6

## Room: 201C

### Intentional Parenting in the Black Community

#### Equity Policy Advisory Committee (EPAC)

Education and inspiring parents in the Black community to enhance and engage to achieve success for their child.

Arlene N. Wallace

Educator, Parent, Community Outreach

Email: [arlene.wallace@tcdsb.org](mailto:arlene.wallace@tcdsb.org)

Arlene Wallace is an educator with more than 10 years experience as a Child and Youth Worker with the TCDSB. She is also a Board member with Midaynta Community Services and a member of the community advisory board for TCDSB and also ACCO (African Community Coalition Organization). Her mission is to educate, advocate and inspire.

# Parents as Partners Conference

## Workshop Session: C6

## Room: 201C

### French as a Second Language for All Learners

#### French as a Second Language Committee (FSLAC)

Presentation by French as a Second Language TDSB staff, with support from FSLAC on the FSL Framework, including English, ESL learners and special needs in the classroom as well as updates on the curriculum and the equity framework. [www.tdsb.on.ca/Community/How-to-Get-Involved/Community-Advisory-Committees/French-as-a-Second-Language-Advisory-Committee](http://www.tdsb.on.ca/Community/How-to-Get-Involved/Community-Advisory-Committees/French-as-a-Second-Language-Advisory-Committee)

Kirsten Johnston

Program Coordinator, French as a Second Language, Classical and International Languages

Email: [Kirsten.Johnston@tdsb.on.ca](mailto:Kirsten.Johnston@tdsb.on.ca)

Kirsten Johnston is a French language advocate for public education and has been an FSL and special education teacher, instructional leader and program coordinator.

Lauralyn Johnston

Parent Co-Chair of FSLAC

Email: [fslac@gmail.com](mailto:fslac@gmail.com)

Lauralyn Johnston is a TDSB parent and French Immersion graduate of the TDSB and is current co-chair of the FSLAC.

# Parents as Partners Conference

## Workshop Session: B7

## Room: 202A

### Parents as Partners Supporting Children’s Mental Health & Well-Being

#### Mental Health and Well-Being Parent Partnership Committee

Parents/caregivers play a key role in helping students be successful both in school and in life. This session will discuss the important role that parents/caregivers play in supporting their child/youth’s mental health and well-being. We will offer foundational knowledge about mental health and well-being, share resources, provide information and ideas about how you can be involved in supporting the development of mental health and well-being with your child both at home and school.

Heather Johnson

Mental Health Lead TDSB

Email: [heather.johnson@tdsb.on.ca](mailto:heather.johnson@tdsb.on.ca)

As part of a provincial team supported by School Mental Health ASSIST – Ministry of Education Heather is involved in developing, implementing and supporting the TDSB’s Children and Youth Mental Health and Well-Being Strategy. Heather is passionate about helping to raise awareness about the importance of creating welcoming, safe, inclusive schools which foster the well-being of all students. Heather’s social work experience includes working in schools, children’s mental health, child welfare and hospitals. This will session will be co-facilitated by members of The Parents as Partners Supporting Mental Health & Well-Being Committee developed through the TDSB’s Mental Health & Well-Being Strategy.

# Parents as Partners Conference

## Workshop Session: A5

## Room: 201B

### Finding Calm with Less Stress Parenting

#### Mental Health and Well-Being Parent Partnership Committee

This workshop will be for parents of children and youth of all ages. Your own self-discovery will explore ways to recognize, reduce and manage stress. This interactive session will provide practical strategies that you can take into your everyday life for yourselves and with your children.

Anne Murray

Lead Trainer, The Psychology Foundation of Canada

Email: [annemurray@psychologyfoundation.org](mailto:annemurray@psychologyfoundation.org)

Anne works with families, educators and youth, facilitating ways to recognize, reduce and develop strategies for managing the stressors in their lives. As Lead Trainer for the Psychology Foundation of Canada she provides training, program development and builds partnerships, with a focus to reduce stress in our children and youth.

# Parents as Partners Conference

## Workshop Session: A6

## Room: 201C

### Anxiety 101 – Is it time to worry?

#### Mental Health and Well-Being Parent Partnership Committee

The purpose of this workshop is to provide parents and caregivers with an introductory understanding of the physical, social, emotional and cognitive signs of anxiety. Parents and caregivers will develop knowledge of anxiety indicators in children and adolescents. This will allow them to distinguish between developmentally appropriate levels of anxiety/worry versus anxiety where professional consultation may be needed. Parents and caregivers will be provided with strategies to help their children and adolescents cope with anxiety. Additionally, resources (information, referral sources and treatment options) will be provided for parents who are seeking additional support for their children and adolescents. Time at the end of the workshop will be provided for discussion and questions.

Elizabeth Lynett

Psychologist

Email: [elizabeth.lynett@tdsb.on.ca](mailto:elizabeth.lynett@tdsb.on.ca)

Elizabeth is a psychologist with the TDSB. She has been supporting individuals in dealing with anxiety by collaborating with school support teams, families and other community mental health professionals.

Vicky Timmermanis

Psychologist

Email: [vicky.timmermanis@tdsb.on.ca](mailto:vicky.timmermanis@tdsb.on.ca)

Vicky is a psychologist with the TDSB. She has supported children and families in coping with anxiety through schools, community mental health agencies and hospitals.

# Parents as Partners Conference

## Workshop Session: C7

## Room: 202A

### The Power of Yet: Developing a Growth Mindset in Our Kids

#### Mental Health and Well-Being Parent Partnership Committee

I can't do it! It's too hard! Find out how to change this childhood chorus into an inspirational anthem that will have your kids feeling confident, loving a challenge, and actually wanting to persevere with problems. Learn how to identify a Fixed Mindset, discover the power of changing our word, and learn how to help your children develop a Growth Mindset. This workshop is appropriate for parents of children in elementary grades (K-8) and will provide you with useful strategies you can use at home.

Wendy Burch Jones

Teacher

Email: [wendy.burchjones@tdsb.on.ca](mailto:wendy.burchjones@tdsb.on.ca)

Wendy Burch Jones is a teacher with the TDSB who has decades of experience working with kids. She is passionate about helping children develop a positive attitude about learning and uses growth mindset in the classroom and at home to help "all her kids" discover that failure is a great thing, that challenges are how we learn, and that anything is possible if you can believe in yourself.

# Parents as Partners Conference

## Workshop Session: A7

## Room: 202A

### Executive Functioning: What every parent needs to know

#### Mental Health and Well-Being Parent Partnership Committee

This workshop will introduce you to the importance of Executive Functioning for learning and well-being. Among other things, you will learn why you shouldn’t say, “You did so well, you must be smart,” how play can really help kids of any age learn, what happens in your child’s brain during a meltdown and how mindfulness strategies can help.

Kristina Kampe

Psychological Associate

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Cynthia McCall

Psychologist

Email: [cynthia.mccall@tdsb.on.ca](mailto:cynthia.mccall@tdsb.on.ca)

Kristina Kampe and Cynthia McCall have been members of the psychology department in the TDSB for over 29 years. They have theoretical and practical experience in supporting the development of executive functioning skills in students at school and at home.

# Parents as Partners Conference

## Workshop Session: B8

## Room: 202B

### Connecting with your child: Having conversations about alcohol and other drugs

#### Mental Health and Well-Being Parent Partnership Committee

This workshop is best intended for parents/caregivers of children 10 -14 and will provide you with knowledge and parenting strategies to have effective conversations with your child about alcohol and other drugs. In this interactive workshop topics covered will also include:

• Normal developmental changes during the teenage years

• Facts and myths about substances including cannabis

• Resources to support parents

Fatma Baykal

Public Health Nurse

Email: [fbaykal@toronto.ca](mailto:fbaykal@toronto.ca)

Fatma is a Public Health Nurse working with the Healthy Schools and Substance Misuse Prevention team at Toronto Public Health. Fatma has been trained by the Psychology Foundation of Canada as a parent facilitator and has delivered many parenting programs in the community. She works with students and school staff focusing on Mental Health and Substance misuse prevention topics. Fatma obtained her Nursing degree form York University and has experience in trauma nursing and family practice nursing. She also worked as Smoking Cessation Counsellor and Diabetes Educator.

**Jennifer Morin**

Public Health Nurse

Jennifer is a Public Health Nurse on the Healthy Schools and Substance Misuse Prevention Program at Toronto Public Health.

# Parents as Partners Conference

## Workshop Session: B9

## Room: 203A

### Affirmation and Acceptance: Talking to children about gender and sexual identity

#### Mental Health and Well-Being Parent Partnership Committee

As parents, we all want the best for our children; but mainstream conversations often stigmatize and exclude particular interests, expressions and identities they may have. And while we encourage our children to share their thoughts, feelings and identities with us, we may feel uncertain about how best to respond. This workshop will explore how expectations of gender and sexuality impact young people’s lives, and how parents can engage their children in conversations that help break down social stigma, model empathy and build resilience.

Ilana David

Social worker with the Gender-Based Violence Prevention Office, Toronto District School Board

Email: [ilana.david@tdsb.on.ca](mailto:ilana.david@tdsb.on.ca)

Ilana provides a range of support and consultation services to schools and families. Ilana facilitates groups for parents/caregivers of trans\* and gender independent students; provides counselling services to students in the Triangle Program, Canada’s only LGBTQ+ alternative school; and advocates for safe and inclusive school climates across the TDSB.

Roza Nozari

MSW Student from Wilfrid Laurier University

Email: [ilana.david@tdsb.on.ca](mailto:ilana.david@tdsb.on.ca)

Roza’s field placement is with the Gender-Based Violence Prevention Office in the Toronto District School Board. Roza facilitates groups and provides counselling to LGBTQ+ students in the Triangle Program. She also co-facilitates trainings and workshops across the TDSB to support safe and inclusive school environments.

# Parents as Partners Conference

## Workshop Session, C8

## Room: 202B

### Developing Emotional Vocabulary: Moving beyond happy, mad and sad

#### Mental Health and Well-Being Parent Partnership Committee

Help your child talk about how they are feeling! Not just happy, sad and mad but other words that help children identify their feelings to they can understand and manage their behaviour better. The workshop is for parents of young children (JK – Grade 3) and will include useful strategies and books that you can use to help your child at home.

Martha Rice

Speech and Language Pathologist

Email: [martha.rice@tdsb.on.ca](mailto:martha.rice@tdsb.on.ca)

Martha and Susanne have over 15 years of experience at TDSB. Both are skilled in parent training and have a strong interest and experience in helping students connect emotional vocabulary to social interactions and reading comprehension.

Suzanne Beauregard

Speech and Language Pathologist

Email: [suzanne.beauregard@tdsb.on.ca](mailto:suzanne.beauregard@tdsb.on.ca)

# Parents as Partners Conference

## Workshop Session: C9

## Room: 203A

### Mindful Parenting and Resilient Children/Youth

#### Mental Health and Well-being

This experiential workshop will provide parents with practical skills and knowledge about mindfulness: what it is, what are the benefits to both parents and children and how it can be practiced. It will deliver practical tips on practicing mindful awareness within family dynamics. The session will examine aspects of mindfulness specifically related to parenting and education:

**·** how parents can support their children through mindful parenting

**·** how mindfulness can support well-being for families

Heidi Borstein

Co-founder and executive director for Mindfulness Everyday

Email: [Heidi@mindfulnesseveryday.com](mailto:Heidi@mindfulnesseveryday.com)

Heidi is the co-founder and executive director for Mindfulness Every day, a Canadian registered charity that has been delivering mindfulness programs in the community since 2010, to students, parents, and educators. Heidi is an MBSR (Mindfulness-based Stress Reduction) teacher, a Hatha yoga and meditation teacher. She is the co-creator of The Mindful Edge™ – Stress Reduction and Life Strategies for Teens. Heidi is a certified facilitator for SMART: smartEducation - Stress Management and Resiliency Techniques for Educators. Heidi has been teaching yoga and meditation in Toronto since 2002 and continues to support yoga, meditation, and mindfulness programs for children, youth, teens, and adults.

**Sue Hutton**

Social Worker and Mindful Parent Teacher

Email: [mindfulnessway@gmail.com](mailto:mindfulnessway@gmail.com)

Sue Hutton has been practicing formal Mindfulness meditation since 1985. She has studied meditation with teachers in India, Canada, and the US. Sue has over 20 years experience as a social worker, and has infused her social work practice with mindfulness since the 1990’s, and then focused her post-graduate MSW research on mindfulness. Sue received her professional training in the US in delivery of Mindfulness Based Stress Reduction (MBSR) with Jon Kabat-Zinn in 2007. Sue leads mindfulness groups with Wellspring, social workers, the disability community, and is currently an investigator with a Ministry of Community Social Services-funded research team exploring Mindfulness as a tool for parents with youth with intellectual disabilities/autism. Sue deeply enjoys the experience of helping to bring mindfulness to the everyday applications of real life in our homes, relationships, and community.

# Parents as Partners Conference

## Workshop Session, B10

## Room: 203B

### Promoting Well-Being With 10-5-2-1-0

#### Mental Health and Well-Being Parent Partnership Committee

Establishing healthy habits early on in life is essential for a child's well-being. Caregivers and educators can help students achieve overall success in life by teaching and role modelling behaviors that will support healthy growth and development. Toronto Public Health promotes healthy behaviors in elementary schools through the Into Kids' Health 10-5-2-1-0 messages which encourages the following on a daily basis: 10 or more hours of sleep, 5 or more servings of vegetables and fruit, 2 hours or less of screen time, 1 hour or more of moderate to vigorous physical activity and 0 sugar-sweetened drinks. In this workshop, we will explore practical ways to foster these healthy habits in your family.

Didem Varol

Public Health Dietitian with Toronto Public Health

Email: [Didem.Varol@toronto.ca](mailto:Didem.Varol@toronto.ca)

Didem Varol works as a Public Health Dietitian with Toronto Public Health. She is a Registered Dietitian with the College of Dietitians of Ontario. She has nine years of experience in public health, specializing in chronic disease prevention. She will be co-facilitating this workshop with a Registered Nurse.

# Parents as Partners Conference

## Workshop Session, A8

## Room: 202B

### Keeping Calm and Carrying On: Practical strategies to support Self-Regulation

#### Mental Health and Well-Being Parent Partnership Committee

This workshop will highlight sensory strategies, environmental adaptations and other practical strategies to promote self-regulation at home and in the community. Parents will walk away with:

- an understanding of what self-regulation and co-regulation is

- evidence based research on how self-regulation directly affects daily life and well-being for everyone but especially children with special needs and

- easy/practical strategies that can be applied in the home and community settings.

This workshop is geared towards parents of early learners.

Ana Talag

Occupational Therapist

Email: [ana.talag@tdsb.on.ca](mailto:ana.talag@tdsb.on.ca)

Rhanda Craig

Occupational Therapist

Email: [rhanda.craig@tdsb.on.ca](mailto:rhanda.craig@tdsb.on.ca)

Ana Talag and Rhanda Craig are Occupational Therapists with several years of experience working in the community, home and school settings. Both have spent many years working on the Autism Team for the TDSB and other boards and have a passion for empowering students, parents and educators with the knowledge and strategies to promote self-regulation and well-being.

# Parents as Partners Conference

## Workshop Session: C12

## Room: 204B

### Turning Around Meltdowns: Strategies for Connecting with your Kids and Helping Them Manage Their Emotions

#### Mental Health and Well-Being Parent Partnership Committee

When kids and teenagers are having strong emotional reactions like stress, worry or outbursts it can often be hard to know what to do, let alone prevent these reactions. This presentation, based in the work of Vancouver psychologist Gordon Neufeld, is focused on how to maintain a strong attachment with your children, validate their emotions, and support their emotional and behavioural regulation.

Doug Schmidt

Psychologist

Email: [Douglas.Schmidt@tdsb.on.ca](mailto:Douglas.Schmidt@tdsb.on.ca)

Dr. Doug Schmidt is a school and clinical psychologist who works with TDSB and at South East Toronto Family Health Team. He has worked with many children with autism spectrum disorder, acquired brain injury, and learning disabilities and their parents.

# Parents as Partners Conference

## Workshop Session, A9

## Room: 203A

### Growing Healthy Minds

#### Mental Health and Well-Being Parent Partnership Committee

Parents have a unique opportunity to role model for their children 6-12 years old the importance of taking care of our mental health just as we would our physical health. This session will focus on parenting from a positive mental health lens shedding the light on the importance of growing children’s resilience and strengthening their coping skills.

Joelle Therriault

Private Practice

Email: [joelletherriault@gmail.com](mailto:joelletherriault@gmail.com)

Heather Johnson

Mental Health Lead – Toronto District School Board

Email: [heather.johnson@tdsb.on.ca](mailto:heather.johnson@tdsb.on.ca)

# Parents as Partners Conference

## Workshop Session: B11

## Room: 204A

### How do I navigate a Mental Health Crisis with my child?

#### Mental Health and Well-Being Parent Partnership Committee

It can be overwhelming to seek and connect with support when your child is dealing with a mental health crisis. What do I do? Where do I turn for help? How do I handle this? Hear some ideas on how to navigate this journey from a panel including: Child Psychiatrist, Senior Manager of Professional Support Services at TDSB and a parent who through her own experience has accessed support for her child and now works as an advocate for children and families seeking mental health services.

Dr. Amy Cheung

Adolescent Psychiatrist MD, MSC

Email: [Amy.Cheung@sunnybrook.ca](mailto:Amy.Cheung@sunnybrook.ca)

Dr. Amy Cheung is an Associate Professor in the Department of Psychiatry, University of Toronto and is on staff at the Mood and Anxiety Disorders Program at Sunnybrook Health Sciences Centre. Dr. Cheung is an adolescent psychiatrist and works clinically with youth with mood and anxiety disorders. Dr. Cheung conducts research in the management of mood disorder in adolescents and young adults by primary care providers, and the transition between high school and post- secondary education for youth with mental illness. Dr. Cheung holds the Bell Canada in Adolescent mood and anxiety disorder.

Marcia Powers-Dunlop

Senior Manager Professional Support Services Toronto District School Board

Email: [marcia.powers-dunlop@tdsb.on.ca](mailto:marcia.powers-dunlop@tdsb.on.ca)

Marcia is the Senior Manager of Professional Support Services for the Toronto District School Board. Working as a Social Worker for more than 35 years, Marcia has extensive experience helping children and youth who exhibit a variety of social-emotional problems and consulting with their families and school Staff. In her current role, she oversees five services within professional support services and works closely with community agencies to develop partnerships to enhance service to Toronto District School Board students. Marcia serves on a number of community agency boards and committees.

Kimberly Moran

President and CEO of Children’s Mental Health Ontario

Email: [kmoran@cmho.org](mailto:kmoran@cmho.org)

Kim became President and CEO of Children’s Mental Health Ontario in mid-2014. She serves or has served on a number of health care-related boards and committees contributing her healthcare, financial and fundraising expertise to organizations such as North York General Hospital, Sunnybrook Hospital, and the Canadian Mental Health Association – Toronto. Kim is especially passionate about improving the delivery of children’s mental health treatment in communities because of her personal experience as mother of a daughter who became seriously ill when she was only 11years old. Kim is highly regarded as a thought leader and popular speaker particularly around designing systems of care that work for kids and families.

# Parents as Partners Conference

## Workshop Session: C11

## Room: 204A

### Brain Storm

#### Mental Health and Well-Being Parent Partnership Committee

This workshop will give you a chance to dive into the mind of an adolescent who has struggled with mental health challenges. Join me on my journey through mental illness, stigma, recovery, and finding my identity despite my struggles. Brain Storm will give parents and adults a chance to gain insight on how to support a child in their mental health and well-being, breaking down stigma, and a chance for a Q&A from a teen who has been there. To wrap it all up, there will be a performance to illustrate the journey of mental health and hope.

Delicia Raveenthrarajan

Student Motivational Speaker & Activist

Email: [delicia23r@live.com](mailto:delicia23r@live.com)

Delicia Raveenthrarajan is a 16 year old motivational speaker and activist. Delicia’s public speaking journey started at a very early age but she started pursuing speaking professionally at the age of 12 in 2013. Delicia’s experience ranges from her work with Me to WE as one of their speakers to schools, to hospital research lectures, to various corporate, community and public events! Delicia has worked across North America, highlights include partnering with school boards such as the TDSB, DDSB, YRDSB, etc. to performing for President Obama to speaking at the University of Pittsburgh to performing in Kenya, Ecuador and Mexico, just to name a few. Delicia specializes in speeches about Mental Health. Delicia has a strong fervor for helping others and is an active volunteer internationally as well as a passionate motivational speaker. She is an ambassador for several organizations such as Worth Living, Jack.org, and Wear Your Label. However, she primarily works with Me to We. Her passport is composed of four service trips to Kenya, a trip to the borderlands of Arizona and Mexico for Advanced Leadership Training, a volunteer experience in the Amazon Rainforest and an upcoming 6 weeks of service in East Africa (Ethiopia and Kenya). Delicia is also the recipient of the Leading Girls Building Communities Award of Ontario and The Governor General Sovereign Volunteer Medal of Canada.

# Parents as Partners Conference

## Workshop Session: B12

## Room: 204B

### Children’s Mental Health Challenges & Seeking Support

#### Mental Health and Well-Being Parent Partnership Committee

As parents knowing when and how to seek help is crucial for the healthy development of children. Parenting a child who is experiencing a mental health challenge can be difficult. This session will help parents recognize the signs and symptoms of mental health challenges. Parents will be able to know when and how to seek help and will be aware of how to take care of themselves to support their children’s healthy development.

Joelle Therriault

Private Practice

Email: [joelletherriault@gmail.com](mailto:joelletherriault@gmail.com)

Heather Johnson

Mental Health Lead – Toronto District School Board

Email: [heather.johnson@tdsb.on](mailto:heather.johnson@tdsb.on)

# Parents as Partners Conference

## Workshop Session: A10, C10

## Room: 203B

### Parents and Community: Designing Inclusive Schools Together

#### Model Schools for Inner Cities (MSIC)

Students from almost every country in the world, with unique identities and lived experiences, attend TDSB schools. This is an exciting challenge for all of us. How do we design our schools so that EVERY student is included and succeeds? This workshop explores how families, community workers, and staff can work together to bring our student’s identities to the centre of how schools are designed. Centering students in the planning and organizing of schools is the focus of Inclusive Design which is our current TDSB improvement process. We know that when we prioritize equity in school planning this helps to improve school culture, leadership practice, and student achievement and well-being. Come be part of this exciting discussion! 6 Threads of Inclusive Design. Links to Ministry Documents.

Ian Macpherson

Community Support Worker - TDSB Learning Centre 4

Email: [ian.macpherson@tdsb.on.ca](mailto:ian.macpherson@tdsb.on.ca)

Ian is a TDSB Community Support Worker with over 7 years experience. Ian studied Community Work at George Brown College focusing on anti-oppression and community development. His background in design compliments his work helping schools centre ALL families and students in their planning.

Duane Spencer

Community Support Worker - TDSB Learning Centre 4

Email: [duane.spencer@tdsb.on.ca](mailto:duane.spencer@tdsb.on.ca)

Duane Spencer has over 10 years working as a Community Support Worker in the TDSB. Duane’s work focuses on community partnerships, student achievement, and parent engagement. Duane is active in his community outside of work; acting as a mentor, he supports students mental and physical health through physical education programing.

Laurel Archibald

Community Support Worker - Learning Centre 4

Email: [laurel.archibald@tdsb.on.ca](mailto:laurel.archibald@tdsb.on.ca)

Laurel Archibald M.S.W., is a TDSB Community Support Worker. With 20 years experience working in marginalized and vulnerable communities, Laurel’s practice is founded on anti-oppressive, strengths-based, and trauma-informed frameworks. Laurel uses an inclusive-design approach to support building a school’s long-term capacities to meet its unique needs.

Kim Michaud

Community Worker Placement Student - George Brown College Community Worker Program Email: [mllemichaud@gmail.com](mailto:mllemichaud@gmail.com)

Kim is currently enrolled as a full-time student in the Community Worker Program at George Brown College and will be graduating with honours in 2018. Kim uses a holistic approach when applying the anti-oppressive framework to her work in communities. Kim served in many progressive senior roles in Finance over the years.

# Parents as Partners Conference

## Workshop Session: B13, C13

## Room: 204C

### School Council Training and Development

#### Model Schools for Inner Cities (MSIC)

School councils play an important role in enhancing student achievement and building partnerships between parents, the community and the school. This workshop will provide information on how you can develop a strong and effective school council, and increase the accountability of the education system to parents and families. Great resources will be available at the workshop.

Parents from Learning Centre 1, Model Schools Parent, Academy Parent

Email: daniel.jeffers@tdsb.on.ca

Parents in Learning Centre 1 from Model Schools for Inner Cities come together on a monthly basis to learn with and from each other as well as from educational or community partners. They are happy to be sharing some of their learning with other TDSB parents and continuing to build a strong network of engaged families.

# Parents as Partners Conference

## Workshop Session: A11

## Room: 204A

### Computer Literacy as a Gateway to Effective Parent and Student Learning

#### Model Schools for Inner Cities (MSIC)

Nowadays, computer technology is simply the way of the world. Join in on a fun, introductory learning session and learn the ways in which a computer literacy program that has been specially designed for parents is directly tied with student achievement. This course is a sample of a longer, 10-week program offered by Youth Empowering Parents where student leaders make use of both their language and technological skills by way of teaching parents typing skills; how to navigate computer programs such as Microsoft Word, PowerPoint, Excel, among other computer-based software. <http://yepeducation.com/>

Meher Sheba

Parent

Email: [mehersheba13@yahoo.com](mailto:mehersheba13@yahoo.com)

Meher Sheba is a parent of Walter Perry Junior Public School. As a keen learner and active parent, Meher is constantly in pursuit of educational opportunities that will equip her with skills she may use to best support her children as they navigate the Ontario curriculum and the school system as a whole. In November 2017, Meher successfully completed the Youth Empowering Parents program. As a result, Meher now feels more confident in her ability to support her children’s computer-based academic work and online games.

Karen Villanueva

Program Operations Manager - Youth Empowering Parents

Email: [karen@yepeducation.com](mailto:karen@yepeducation.com)

Karen Villanueva is a firm advocate of empowering children and youth to be changemakers in their communities. She holds a BA in International Development Studies from York University, and is an expert at building creative intergenerational learning environments that enable young people to discover and appreciate their intrinsic value.

# Parents as Partners Conference

## Workshop Session: B14

## Room: 205A

### Supporting Learning Skills and Work Habits in Your Children

#### Model Schools for Inner Cities (MSIC)

Parents will discuss and have a better understanding of the learning skills on the Ontario provincial report card and how they can support these life-long skills in the home. These learning skills include: responsibility, organization, independent work, collaboration, initiative, and self-regulation. Resources will be shared during the workshop.

Zeripha Moses

Parent

Email: [zeripha@gmail.com](mailto:zeripha@gmail.com)

Zeripha is a proud mother of two children within the TDSB. She is an advocate for quality education and a contributor to her school and the community.

Michael Mohammed

K-12 Learning Coach, Toronto District School Board

Email: [michael.mohammed@tdsb.on.ca](mailto:michael.mohammed@tdsb.on.ca)

Michael Mohammed has been an educator with TDSB for 9 years. In that time he has taught within a number of different Model Schools throughout the city. He has also been a Learning Coach supporting teachers and other staff to create stronger learning experience for our students. Michael’s passions lay in the areas of the arts, technology as well as equity.

Lia Christensen

Parent

Email: [liachristensen@yahoo.ca](mailto:liachristensen@yahoo.ca)

Lia is the proud mother of 5 children 4 of which are TDSB students. She is active in her school’s community and co-chair of their school council. Over the last 2 years Lia has worked closely with fellow parents and administrators to bring new opportunities to students and to advocate for all the voices within the school community to see positive change for their students and communities.

# Parents as Partners Conference

## Workshop Session: C14

## Room: 205A

### The Power of Play for Learning and Healthy Development

#### Model Schools for Inner Cities (MSIC)

Parents will learn a variety of inclusive games to play at home with their families. The workshop will also focus on how play is a natural way for children to learn and how play supports healthy physical, emotional and social development. A Right to Play Canada inclusive games manual will be given to all participants of the workshop.

Kelly Warren, Parent

Email: [Kwarren0810@gmail.com](mailto:Kwarren0810@gmail.com)

Kelly has been part of the school and community for over 10 years. She is currently Chair on the council of Sheppard Public School. Since volunteering at Sheppard PS she has done fundraising and taken on the role as mentor for students. She organizes an annual Family Fun Fair at her school to thank the students and their families for all their contributions for the school year. In knowing that kids do not get much time to play outside during the winter, she organized floor hockey and basketball after school leadership programs for students. Here students set goals and have weekly discussions on how to better their school/community and make it a positive healthy environment for all students and staff.

Natarsha Douglas, Parent

Email: [99two@live.com](mailto:99two@live.com)

Natarsha Douglas knew that motivational speaking and life coaching for others was her purpose. Today, she serves clients in Canada, United States, Europe and most recently Israel. Her compassion and non-judgmental approach is highly commended by her clientele. She is a mother of two adult sons 20 & 28 years of age and a 10 year old daughter. Her oldest is deaf and hard of hearing which forced Natarsha to become responsible and resourceful as a teenage mother. She continues to advocate and support a Positive Peer Counselling mentor program where she assists students with conflict resolution. She is an active volunteer and leader in her school and community including being a council chair.

Kirby Davidson, Program Officer - Right to Play Canada's Youth to Youth Program

Email: [kdavidson@righttoplay.com](mailto:kdavidson@righttoplay.com)

Kirby Davidson is a Program Officer with Right To Play’s Youth To Youth program. He has been with Right To Play for 3 years. His role is to train, coach, and support both teachers and youth-leaders in TDSB Model Schools to run Right To Play’s youth leadership program called Youth To Youth.

Matthew Judd, Program Manager - Right to Play Canada

Email: [mjudd@righttoplay.com](mailto:mjudd@righttoplay.com)

Matthew Judd works as a Program Manager at Right To Play Canada and currently oversees all programs within Toronto. Matthew is an expert in designing and delivering engaging programs for youth groups.

# Parents as Partners Conference

## Workshop Session: A12

## Room: 204B

### Supporting Kids with Stress: Parent Perspectives

#### Model Schools for Inner Cities (MSIC)

Children’s mental health concerns are on the rise. For that reason, it is important for parents to gain knowledge on how to best understand stress in children. As part of this workshop, parents will be offered information on some of the reasons children experience stress in their daily lives, as well as resources to support that reality. In addition, this session will offer parents tips and tricks to support their children in dealing with stress. The benefits of this workshop may include: providing parents tools they may offer their children to better navigate stressful scenarios and environments; discussing breathing and mindfulness techniques, which may help to ease stress in children; parents will learn how stress may manifest itself differently in their children. Resources will be provided on the day of the workshop.

Sheena Hashimand

Parent

Sheena is a parent to TDSB students. She is a member of Learning Centre 3 Model Schools Parent Academy and is happy to share what she is learning about supporting kids in dealing with stress.

Marsha Tredwell

Parent

Marsha is a parent to TDSB students in Learning Centre 3. She is a member of the Model Schools Parent Academy. She offers a parent perspective on supporting children's mental health and well-being.

Heather James

Public Health Nurse - City of Toronto

Email: [hjames@toronto.ca](mailto:hjames@toronto.ca)

Heather is a Public Health Nurse who works in partnership with the Toronto District School board. She is supporting the MSIC Parent Academy and how parents can help their children deal with stress.

# Parents as Partners Conference

## Workshop Session: A19

## Room: 206C

### Social Networking & Online Safety

#### Mental Health and Well-Being Parent Partnership Committee

Accountability and Responsibility of Parent and Child in a Digital World. Topics include:  
Social Media (snapchat, instagram, facebook, youtube), digital trails vs digital footprints, smartphones, image sharing, sexting, cyberbullying, privacy, passwords, and much more.

Paul Davis

Speaker

Email: [paul@socialnetworkingsafety.net](mailto:paul@socialnetworkingsafety.net)

Paul Davis has delivered his message to more than 420,000 students in four provinces and four states, along with OPP, Border Services and DND.

# Parents as Partners Conference

## Workshop Session: A13

## Room: 204C

### Keeping It All Together: A Tool to Support Transitioning Students with an Autism Spectrum Disorder (ASD) from Home to School

#### Special Education Advisory Committee (SEAC)

Registering your child with an Autism Spectrum Disorder (ASD) in school ‎can often feel overwhelming and confusing. Presenters will provide a tool that can help parents prepare their children for this transition, as well as organize the information that is important to share with their child's teaching team. Each participant will receive Keeping It All Together, a binder that can be personalized for their child as they move through the school system, building a strong partnership between home and school. Keeping It All Together binder.

Lydia Tisma

Co-ordinator Autism Services

Email: [lydia.tisma@tdsb.on.ca](mailto:lydia.tisma@tdsb.on.ca)

Lydia Tisma is the Central Coordinator for Autism Services. In this role she coordinates a multidisciplinary team of professionals who support students with autism, teaching staff and families. Since 2003, Lydia has been a contract lecturer with Ryerson University, teaching the Assessment for Programming course.

Sara Yelland

Special Education Consultant

Email: [sara.yelland@tdsb.on.ca](mailto:sara.yelland@tdsb.on.ca)

Sara Yelland is a Special Education Consultant with TDSB Autism Services. She has a background in teaching students with Autism Spectrum Disorders (ASD) and students with Developmental Disabilities. In her current role, she supports students with an Autism Spectrum Disorder as they transition from Intensive Behaviour Intervention settings to school.

Lisa Cohen

Surrey Place SSP Manager

Email: [lisa.cohen@surreyplaca.on.ca](mailto:lisa.cohen@surreyplaca.on.ca)

Lisa is the Manager of the School Support Program overseeing schools in Toronto. Lisa comes with a diverse background in the developmental sector, working in various roles and capacities. She has a background in Disability Policy and Critical Disability Studies. Lisa has supervised programs in the sector and has also supported individuals with ASD within different roles, including being an academic counsellor and a transition coordinator for students within Ontario universities. Lisa supports the school support team in successfully meeting the goals of the program and the needs of each student and family.

# Parents as Partners Conference

## Workshop Session: B19

## Room: 206C

### The Stressed Brain: Strategies to Promote Self-Regulation

#### Special Education Advisory Committee (SEAC)

This workshop will explore neuroplasticity and the early development of the brain. In instances where the brain is stressed, the executive functions which provide cognitive functioning, are inhibited. This presentation will review areas contributing to the stressed brain and provide strategies that will serve to support children in the development of self-regulation skills. Some of these include core breathing techniques, mindful awareness and social emotional learning.

Ashley Weiss

Itinerant Behaviour Teacher

Email: [ashley.weiss@tdsb.on.ca](mailto:ashley.weiss@tdsb.on.ca)

Ashley Weiss is an Itinerant Behaviour Teacher with the TDSB. She holds a M.Ed and Specialist qualification in the area of Special Education. Ashley has worked with the Section23 programs at CAMH, supporting students with complex social, emotional and behavioural challenges. She has a keen interest in mental well-being and health as it impacts our young learners.

Pina Claus

Itinerant Behaviour Teacher

Email: [Pina.Claus@tdsb.on.ca](mailto:Pina.Claus@tdsb.on.ca)

Pina Claus is an Itinerant Behaviour Teacher with the TDSB. She holds a M.S.W. and B.Ed in addition to Specialist qualifications in the area of Special Education. Pina has worked in diagnostic and special programs, providing a holistic approach in her work with students of varying complex needs and abilities. She has a lifelong interest in promoting well-being and success for all children.

# Parents as Partners Conference

## Workshop Session: C16

## Room: 205C

### What to Do When Your Child Comes Home In “The Red Zone” – Using The Zones of Regulation at Home to Support Self-Regulation

#### Special Education Advisory Committee (SEAC)

This interactive workshop will provide both a brief explanation of self-regulation and a theoretical and practical introduction to the program “Zones of Regulation” and its use in the home. The Zones of Regulation is a program geared toward helping children gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the program’s learning activities are designed to help children recognize when they are in different states called “zones,” with each of four zones represented by a different colour. In the activities, children also learn how to use strategies or tools to stay in a zone or move from one to another. Children explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen children’s understanding of how to self-regulate, the lessons set out to teach children these skills: how to read others’ facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills.

Cheryle Went

Itinerant Behaviour Resource Teacher

Email: [Cheryle.went@tdsb.on.ca](mailto:Cheryle.went@tdsb.on.ca)

Cheryle has been a Special Education teacher with the TDSB for over 35 years in a variety of settings including self-contained Behaviour classes ranging from SK to Grade 8 and her present position on the Behaviour Regional Services Team. As a Registered Psychotherapist she works privately with children and adolescents.

Jennifer Cottle

Child and Youth Worker

Email: [Jennifer.cottle@tdsb.on.ca](mailto:Jennifer.cottle@tdsb.on.ca)

Jennifer Cottle is a Child and Youth Worker, with the Toronto District School Board for the past 13 years. She has worked in a variety of classroom settings including Primary and Secondary Behaviour programs and for the past 10 years has been a member of the multidisciplinary Behaviour Regional Services Team.

# Parents as Partners Conference

## Workshop Session: A14

## Room: 205A

### Parent Participation in School Team Consultation-Seeking Support for Students

#### Special Education Advisory Committee (SEAC)

Join us for an informative and interactive workshop on the In School Support Team /School Support Team (IST/SST) process. We will help demystify acronyms in Special Education, starting with the IST/SST process. Find out why the school has these meetings and why they want you to attend. We will explain the purpose and goal of these meetings, what parents can expect, the roles of the IST/SST members and parents. Most importantly we will explore how the outcome of these meetings addresses the various learning/social/emotional needs of your child. Be sure to pack your questions!

Special Education Plan

[www.tdsb.on.ca/EarlyYears/Special-Education/Special-Education-Plan](http://www.tdsb.on.ca/EarlyYears/Special-Education/Special-Education-Plan)

TDSB IST/SST Manual

[www.tdsb.on.ca/EarlyYears/Special-Education/Processes](http://www.tdsb.on.ca/EarlyYears/Special-Education/Processes)

Learning for All

<http://edu.gov.on.ca/eng/general/elemsec/speced/LearningforAll2013.pdf>

Cindy Jaques

TDSB Special Education Coordinator

Email: [cindy.jaques@tdsb.on.ca](mailto:cindy.jaques@tdsb.on.ca)

Cindy Jaques has spent over 20 years as an educator in a variety of settings and school boards. Her past 11 years have been spent working within the TDSB Special Education Department as a consultant and coordinator. She is passionate about her work with teachers, students and parents, helping to ensure student success.

Gillian Marshall

Special Education Coordinator

Email: [Gillian.marshall@tdsb.on.ca](mailto:Gillian.marshall@tdsb.on.ca)

Gillian Marshall has been working in Special Education for 28 years as a teacher, special education consultant and a coordinator supporting students from Kindergarten to Grade 12. Her current role as a special education program coordinator supports School Administrators, teachers and parents with the various aspects of special education programming.

# Parents as Partners Conference

## Workshop Session: C17

## Room: 206A

### Optimizing Computer Technology Use for your Child at Home

#### Special Education Advisory Committee (SEAC)

This workshop will help parents support their child with the use of computer technology. Participants will explore some of the features of the TDSB Virtual Library, YouTube and some Google Apps for Education. This is a hands-on session, and participants should bring their own device. TDSB Virtual Library, Google Apps for Education, YouTube.

Julia Carter

Special Education Consultant

Email: [julia.carter@tdsb.on.ca](mailto:julia.carter@tdsb.on.ca)

With over 25 years of teaching experience, Julia is fully aware of the challenges faced by families to support their child(ren). In her role as a TDSB Special Education Consultant, she advocates for children and families at all levels. Having a daughter with special needs, she brings an authentic background to the role and understands the power of technology in supporting student learning.

Melissa Berger

Special Education Consultant

Email: [melissa.berger@tdsb.on.ca](mailto:melissa.berger@tdsb.on.ca)

Melissa Berger is a Special Education Consultant for the Toronto District School Board. She has a passion for learning new ways to engage students in their learning. She has found that the power of using assistive technology can really open up the endless learning potential for students. She has been part of several collaborative projects with the Special Education Allotment (SEA) Department in order to develop and implement lessons that support differentiated instruction and Universal Design for Learning in order to build capacity with teachers across the Toronto District School Board. She continues to depend on her three children to keep her up to date with the latest and greatest in computer technology and programs.

# Parents as Partners Conference

## Workshop Session: B16

## Room: 205C

### Self-Regulation - An Introduction

#### Special Education Advisory Committee (SEAC)

You have seen and hear the phrase self-regulation from many sources - on the report card, in the IEP and from teachers. What does it really mean and how are these skills being taught in the classroom and throughout the school day. Learn about what self-regulation is, how you can support its development in your child and a few of the programs that support this idea. Zones of Regulation 5 Point Scale Self-Reg by Stuart Shankar

Casey Moore

Special Education Consultant

Email: [casey.moore@tdsb.on.ca](mailto:casey.moore@tdsb.on.ca)

Casey has spent her entire teaching career in Special Education. She has worked in TDSB schools and at Holland Bloorview, encouraging achievement for all students and supporting teachers to promote best practices.

Anita Lamba

Special Education Consultant

Email: [anita.lamba@tdsb.on.ca](mailto:anita.lamba@tdsb.on.ca)

Anita provides consultative support for special education programs and services for schools in Learning Centre 4 and assists school administration and staff in understanding and meeting the special education needs of students.

# Parents as Partners Conference

## Workshop Session: A15, B15

## Room: 205B

### Supporting Students with Special Education Needs with the Transition to High School

#### Special Education Advisory Committee (SEAC)

This workshop will provide information to parents/guardians about how to plan a successful transition to secondary school for students on Individual Education Plans (IEPs). We will examine the kinds of educational considerations involved in the transition of students with special education needs moving from moving from the elementary to the secondary school division (Grade 8 to 9). We will review the different kinds of accommodations available in secondary schools and look at program implications for secondary pathways. Parents will receive a tip sheet to help in planning transitions to secondary settings. Ministry document: Special Education in Ontario, Kindergarten to Grade 12, Policy and Resource Guide, 2017.

Laurie Jantzi

Coordinator for Special Education, Parent

Email: [laurie.jantzi@tdsb.on.ca](mailto:laurie.jantzi@tdsb.on.ca)

Laurie has been working in the TDSB for 21 years as a teacher, Special Education Consultant, and Special Education Coordinator. She is also a mother of two teenagers who attend high school. Laurie is passionate about supporting parents, students and staff with transitions, and believes strongly in developing partnerships.

# Parents as Partners Conference

## Workshop Session: C18

## Room: 206B

### Principles of Universal Design for Learning (UDL)

#### Special Education Advisory Committee (SEAC)

This workshop will provide information to parents/guardians about the general principles of Universal Design for Learning (UDL) that guide planning and delivery of instruction, and develop a wide range of strategies to support all learners. Parents will learn how these principles can be introduced and applied to a variety of learning environments.

Stephen Hepburn

Special Education Coordinator

Email: stephen.hepburn@tdsb.on.ca

Stephen is in his third year as Special Education Coordinator with the Toronto District School Board. His current portfolio includes Behaviour Programs in Learning Centre 3. He also supports two Learning Networks of schools to support special education programming. He is a strong advocate for positive relationship building between schools and the families that they support.

Krista Zenker

Special Education Coordinator

Email: [krista.zenker@tdsb.on.ca](mailto:krista.zenker@tdsb.on.ca)

Krista is a Special Education Coordinator with the Toronto District School Board. Her current role includes working with MID (Mild Intellectual Disabilities) and Gifted Programs, in addition to working with two Learning Networks in Learning Centre 3. She has worked in a variety of settings including treatment centres, and with various age groups (from infancy to geriatrics). Krista strongly believes in growth mindset, working collaboratively with students/parents/staff/  
outside support agencies, and in a multidisciplinary approach to learning.

Kelly Funston

Special Education Consultant

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Kelly is a Special Education Consultant with the Toronto District School Board. Her current role includes working in a Learning Network within Learning Centre 3 to support schools with their special education needs. Kelly has worked as a classroom and Special Education teacher in grades Kindergarten through 8. She is a strong advocate for inclusion of students with special needs and is passionate about on-going professional learning.

# Parents as Partners Conference

## Workshop Session: A16

## Room: 205C

### Tools for Disability Awareness, Accessibility and Inclusion

#### Special Education Advisory Committee (SEAC)

Want to help build a school culture of students who understand the importance of an accessible and inclusive learning environment? Curious about building accessible playgrounds? Join this interactive workshop led by parent, educator and Rick Hansen Foundation School Program Champion. Walk away with free resources that teach about accessibility, inclusion and every student’s ability to make a difference. [www.rickhansen.com/Our-Work/School-Program](http://www.rickhansen.com/Our-Work/School-Program), [www.rickhansen.com/Our-Work/Ambassador-Program](http://www.rickhansen.com/Our-Work/Ambassador-Program)

Diane Talbot-Schoenhoff

Parent, Educator, Journalist, Rick Hansen Foundation School Program Champion

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Diane Talbot-Schoenhoff is a coordinator with the Rick Hansen Foundation School Program in Ontario. She has a longstanding relationship with the Rick Hansen Foundation, which began over 12 years ago.

In February 2005, Diane’s son sustained an incomplete spinal cord injury (SCI) in a tragic snowboarding accident. It was in May of that same year, when she was first introduced to Rick Hansen at a Wheels in Motion press conference at Holland Bloorview Kids Rehabilitation Hospital. It was people like Rick who encouraged Diane to become an advocate and champion for the cause of SCI.

In the spring of 2009, while a member of the “Rick Hansen Wheels in Motion” Toronto Solutions Committee, Diane proposed a solution of her own to fund youth transitioning from paediatric to adult outpatient services in Ontario. With unanimous approval from the Committee and thanks to seed funding from the Foundation, she formed her charity, Support in Motion (SIM). Determined to see children with spinal cord injuries have the best chance at recovery, she began raising awareness for the cause and funds for more services. Through SIM, Diane successfully advocated to the Ministry of Health to create a new spinal cord injury rehab program for children and youth.

Now that the gap has been filled and the charity has dissolved, Diane is thrilled to be joining the Rick Hansen Foundation School Program. She hopes to bring her son’s experience with disability and her personal passion for accessibility to each and every school across the province, including French schools.

Diane holds a Masters in Linguistics & Translation from the University of Montreal, a Bachelor of Applied Arts in Journalism from Ryerson University and a Bachelor of Arts from Queen’s University. She was a proud medal bearer for the 25th Anniversary of the Rick Hansen Man in Motion World Tour, along with her son Nick. Her work in government advocacy earned her the Barbara Turnbull Person of the Year Award in 2013.

# Parents as Partners Conference

## Workshop Session: A17, B17

## Room: 206A

### What is Assistive Technology?

#### Special Education Advisory Committee (SEAC)

In this workshop we will be discussing assistive technology and how it is beneficial for all students and essential for some. We will be sharing useful tools and how the connect to students strengths and needs. In the hands on portion of our presentation we will have stations set up for parents/caregivers to explore the different tools and ask question. TDSB Special Education - Assistive Technology web page. [www.tdsb.on.ca/Elementary-School/Special-Education/Assistive-Technology](http://www.tdsb.on.ca/Elementary-School/Special-Education/Assistive-Technology). Download codes and home use license agreements will be shared on paper.

Holly Sharpe

Special Education Consultant, Assistive Technology

Email: [Holly.Sharpe@tdsb.on.ca](mailto:Holly.Sharpe@tdsb.on.ca)

Holly is the Special Education Consultant with the Assistive Technology Team of the TDSB. She supports the District by providing leadership and guidance to administrators, teachers and support staff with a specific focus on Assistive Technology. She has taught Special Education in the private and public sector in Canada and abroad.

Trish Johnson

Special Education Consultant, Learning Centre 3

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Trish has over 15 years of experience as an educator in both regular and special education in the elementary and secondary panels. In her present role, Trish works collaboratively with administrators, teachers, and support staff to ensure that their students needs are being met. She also provides consultative support to parents on special education topics and professional development for teachers.

Joshua Sollak

Assistive Technology Teacher, LC3

Email: [Joshua.Sollak@tdsb.on.ca](mailto:Joshua.Sollak@tdsb.on.ca)

Joshua is an assistive technology teacher with the TDSB. He has extensive experience working in both elementary and secondary classrooms and has a passion for implementing technology to assist student achievement.

Ashleigh Ramson

Assistive Technology Teacher, LC4

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Ashleigh is an assistive technology teacher with the TDSB supporting LC4. She has a passion for using technology with students and staff.

# Parents as Partners Conference

## Workshop Session: A18, B18

## Room: 206B

### The Dad Workshop: Dads and Father Figures with a Desire to Be More Involved in Our Schools

#### Parent Involvement Advisory Committee (PIAC)

Study after study has shown us that student achievement improves when parents play an active role in their children’s education, and that good schools become even better schools when parents are involved. It is recognized that parent engagement is a key factor in the enhancement of student achievement and well-being. -Ontario Ministry of Education. The influence mothers and fathers have on their children can last a lifetime beginning with the early years of development. Historically family dynamics have shown the ratio of mothers to fathers (with respect to involvement with their child’s school) to be disproportionate even though parental influence from both are equally important. Come and join us for a robust discussion on how things have changed and how fathers can become more involved and more influential in the evolution of student learning, their educational growth and academic achievement.

Trevor Burnett

PIAC Rep, Ward 3

Email: [trevor.h.burnett@gmail.com](mailto:trevor.h.burnett@gmail.com)

Trevor Burnett is a champion of parents and teachers working together in the best interest of students. He has served as the Ward 3 Parent Involvement Advisory Committee representative since 2016 and is the Co-Chair for the School Advisory Council at Seventh Street Junior School. Some of his past and present involvement with students includes The Happiness at School Project, The Second City Students Rule program, the City of Toronto after school programs, summer camps and working as a monitor with the Peel District School Board.

# Parents as Partners Conference

## Workshop Session: B20, C20

## Room: 206D

### Postsecondary Planning

#### Parent Involvement Advisory Committee (PIAC)

Careful planning will make the transition from high school to post-secondary options an exciting and fulfilling time for your sons and daughters. This session will identify the steps for getting into college, university, apprenticeship, workplace and community living. You will also learn about costs and financial aid such as free tuition through new government programs. Included will be resources to help you and your children to plan and be well informed of your choices.

TDSB Staff

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# Parents as Partners Conference

## Workshop Session: C15

## Room: 205A

### Building Bridges to Meaningful Family Engagement

#### Parent Community Engagement Office (PCEO)

Effective family engagement is directly linked with learning. This interactive workshop will help school councils connect their work to student achievement by way of the School Improvement Plan and other meaningful school-home outreach.

Nancy Angevine-Sands

OCT Consultant with Equalstep

Email: [equalstep@gmail.com](mailto:equalstep@gmail.com)

Nancy believes that when we build meaningful, relevant family engagement, our students thrive. For over a decade, she has facilitated solutions for educators and Councils. Nancy’s extensive training includes the Harvard Graduate School Education, as well as connections with researchers in Britain and the United States. Find her podcast at VoicEd.ca.

# Parents as Partners Conference

## Workshop Session: C19

## Room: 206C

### Talking Race With Your Child(ren)

Parent Community Engagement Office (PCEO)

Did you know that embarrassment or silence when the topic of race comes up gives your child the impression that the topic is off-limits or that a bigoted remark is accurate and acceptable to you? Children look to their parents for moral cues, and they'll learn from your actions as well as your words.

Michelle Munroe

Manager, Parent and Family Engagement

Michelle Munroe is the Manager of Family Engagement with the TDSB. As a Social Worker, she has been facilitating anti-oppression and anti-racism workshop and training for all ages for over 20 years. She is a mother of two little girls committed to ensuring that they are able to walk and talk in a world that embraces race.

# Parents as Partners Conference

## Workshop Session: A20

## Room: 206D

### Helping All Students Succeed: Equity in the TDSB

We know that each and every student is capable of success. So our focus is ensuring that all students can succeed by having access – the same access – to opportunities, learning, resources and tools; that’s equity.

As a system, we are making bold and transformational changes that will not only support those who have traditionally been underserved, but will raise the bar for all students.

We are raising our expectations because we know when we expect more from our students and staff, they achieve more. We are creating school communities that are fair, respectful and inclusive and celebrate and support all students. We are identifying, confronting and eliminating barriers and aligning resources where they’re needed. We are empowering people to share their voice and be part of the progress.

Learn how we will make a difference in the schools, classrooms and in the lives of students where it matters most.

Dr. John Malloy

Director of Education, TDSB

Dr. John Malloy, Director of Education joined the Toronto District School Board on January 4, 2016. Prior to this position, he served as an Assistant Deputy Minister and Chief Student Achievement Officer with the Ontario Ministry of Education and as Director of Education for the Hamilton-Wentworth District School Board. Before that, he was a Superintendent of Education with the York Region District School Board and the Durham Catholic District School Board. Dr. Malloy received his Bachelor of Education at the University of Dayton, a Master of Education at Xavier University, and a Master of Theological Studies and Doctor of Education at the University of Toronto.