

WELCOME  
to the  
BUILDING RESILIENCE  
CONFERENCE SITE

**BUILDING RESILIENCE CONFERENCE DAY – Thursday April 26<sup>th</sup>**

If you are a Grade 12 student, please click on the link below to register for your choice of workshop if you haven't yet done so. Some of the workshops are now full and have been removed from the site. Thank you!

<https://tinyurl.com/rsideRBC>

If you are an International Education Student, please read the following and then proceed to the link below.

If you are in Grade 9, 10, 11 or 12, there is a special workshop for you to attend this Thursday on our conference day. Please click on the link below if you are interested in registering.

<https://tinyurl.com/rsideRBC>

If you choose not to attend the workshop, you must report to your regular Block B class. If you are attending, please let your Block B teacher know by Wednesday that you will be going to the workshop. Attendance will be taken at the workshop.

If you are a GRADE 12, you are welcome to register for other workshops.

If you have any questions, please contact Ms. Ottens (Music Room) or you can also e-mail her at [gottens@sd43.bc.ca](mailto:gottens@sd43.bc.ca)

**Workshop description:**

**International Ed. Talk ~ facilitated by Yvonne, Angela and Ms. Yamamoto**

Students in the International Education program at our school, along any new comers to Riverside, are welcome to attend this discussion-based workshop about the challenges they may face while navigating a new school in a new language. Our International Youth Workers, Yvonne and Angela will be helping to facilitate this discussion group, with translation in Korean and Mandarin. Through this session, we hope students will gain coping skills and build resilience; we are here to welcome you. If you would like to attend and could use a translator, please let Ms. Yamamoto know so that one can be arranged.

Remember to click on "Submit" at the bottom of the form for your choice to be registered.

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**EXTENDED ADVISORY SCHEDULE for the Day**

**GRADE 9, 10 & 11's**

<b>Block X</b>	7:45-8:55	Regular class
<b>Block A</b>	9:00-10:00	Regular class
<b>Block B</b>	10:05-11:05	Regular class with special topic
<b>Assembly</b>	11:10-12:10	<b>"Be More Than A Bystander"</b> BC Lions
<b>Lunch</b>	12:10-12:50	<b>Resource Fair</b>
<b>Block C</b>	12:55-1:55	Regular class
<b>Block D</b>	2:00-3:00	Regular class

**Grade 12 Sessions with School-Wide Assembly and Resource Fair**

**GRADE 12's**

<b>Block X</b>	7:45-8:55	Regular class
<b>Block A</b>	9:00-10:00	Attendance Block A Class > Workshop 1: Brent Seal <b>"Turning Challenges into Opportunities"</b>
<b>Block B</b>	10:05-11:05	Workshop 2: Your Choice
<b>Assembly</b>	11:10-12:10	<b>"Be More Than A Bystander" – BC Lions</b>

<b>Lunch</b>	12:10-12:50	Post-Sessions and Resources
<b>Block C</b>	12:55-1:55	Regular Class
<b>Block D</b>	2:00-3:00	Regular Class

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**BUILDING RESILIENCE WORKSHOPS**

KEYNOTE (Block A):

**Turning Challenges into Opportunities ~ Brent Seal**  
*All Grade 12 students*

This workshop will explore what makes people resilient: Brent will discuss how to handle great challenges in life and turn them into great opportunities. Workshop Leader/Mental Health Advocate/Entrepreneur and extreme athlete Brent Seal has overcome major mental health challenges and gone on to run several ultramarathons, summit both North and South America’s highest peaks and run a high-performance training agency based in Vancouver. Participants will explore what it means to be resilient, hear stories of inspiring leaders who have demonstrated resilience, and will get the chance to ask Brent questions about his journey. Engaged listeners will glean specific steps to resilience-building while pursuing big goals and dreams.

WORKSHOPS (Block B):

**Aboriginal Talking Circle ~ Terri Galligos**

Our Talking Circle welcomes any person who would like to explore their sense of belonging. The Talking Circle will highlight who we are and where we come from, being mindful of what makes us resilient as Canadian citizens while honouring our lineages. This session will be facilitated by Ms. Galligos, our District Aboriginal Resource Teacher. Ms. Galligos is Coast Salish ancestry from the Sliammon / Tla'amin Nation, situated in Powell River, BC. She represents the District as well as the Kwikwetlem Nation as an Indigenous educator.

**Taking Away from Addiction ~ James Harry**

James Harry is Coast Salish, from Homalco First Nation, and Kitimat BC. He works in Vancouver on the Downtown Eastside as an Outreach Worker, helping some of the city’s least understood

citizens. Join us as James shares his personal experience and expertise with addictions, to help break the stigma surrounding addiction, mental health, asking for help and helping others.

### **Building Resilience Through Self-Defense ~**

Max. 30 Female Oriented Students

This is a practical and hands-on self-defense workshop taught by a qualified coach. Build your confidence and resilience while you learn techniques you could use to defend yourself physically. Participants will need to wear comfortable and flexible clothing. There will be two separate sessions offered; one for female -identifying people and one for male-identifying people.

*WAIVER: A waiver must be signed and brought to the workshop before you can participate. Waiver forms can be picked-up at the from office reception desk.*

### **Building Resilience Through Self-Defense ~**

Max. 30 Male Oriented Students

This is a practical and hands-on self-defense workshop taught by a qualified coach. Build your confidence and resilience while you learn techniques you could use to defend yourself physically. Participants will need to wear comfortable and flexible clothing. There will be two separate sessions offered; one for female -identifying people and one for male-identifying people.

*WAIVER: A waiver must be signed and brought to the workshop before you can participate. Waiver forms can be picked-up at the from office reception desk.*

### **Your Voice Matters ~ Karen O'Brien**

Max. 20 Students

This session will be an open and supported discussion group sharing thoughts about and experiences with alcohol and substance use. Karen O'Brien is a leading facilitator from SHARE Society and has worked with youth in our District for many years. If you want to talk about peer pressure, problem drinking, or how drugs might be impacting you or the people you love, you are welcome here.

### **International Ed. Talk ~ *facilitated by Yvonne, Angela and Ms. Yamamoto***

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are here to welcome you. If you would like to attend and could use a translator, please let Ms. Yamamoto know so that one can be arranged.

### **There's Life After High School ~ *Justin Chan***

This workshop will offer students practical advice and planning strategies for considering the future, post-graduation. Yes, there IS life after high school and it's full of both opportunities and challenges! Justin works as a youth and family counsellor with Milieu Children and Family Services and is a Recreation Leader for the City of Coquitlam. He is passionate about inspiring students to move more confidently out of high school and into "next steps". He will talk about some strategies from career counselling, talk about some of the common pitfalls new high school graduates encounter, and practical tips for new graduates.

### **Yoga ~*Desmond Williams***

Desmond is a certified yoga teacher who specializes in stress-management strategies; his passionate interest in alternative self-healing and health practices is inspired by his own struggle with severe arthritis and anger-related issues. He is known as the King of Calm and advocates for self-awareness and self-acceptance as tools toward resilience. This short practical session will focus on mindful breathing and moving meditation. Participants will need to wear comfortable and flexible clothing. Mats provided.

### **LGBTQ and More! -*Rebecca Bassard***

In this informative and discussion-type forum, Rebecca will help guide conversations about what it means and is like to be queer. Whether it's for you or someone you know, this workshop will provide insight about gender orientation and identity through a sharing session format. Rebecca works with PoCo Youth Services.