



# 2018 Prairie-Western Family Forum – Program at a Glance\*\*

Friday October 26th	Saturday October 27th	Sunday October 28th	
 <p style="text-align: center;">Saskatoon Inn &amp; Conference Centre 2002 Airport Drive Saskatoon SK S7L 6M4</p>	7:30-8:30 a.m. <b>Breakfast</b> (Saskatchewan A Room)	7:30-8:30 a.m. <b>Breakfast</b> (Saskatchewan A Room) Please check out of your room.	
	8:45-9:30 a.m. <b>Welcome</b> : Michelle Sprackman, <i>Family Member</i> <b>Keynote Presentation</b> : Katie Giesbrecht, <i>Family Member</i>		9:00-12:00 noon <b>Workshops</b> 10:30-10:45 a.m. <b>Coffee Break</b>
	9:30-9:45 a.m. <b>Coffee break</b>		<b>Spirituality &amp; Loss</b> Simon Lasair (Alberta Room)
	9:45-12:15 p.m. <b>Workshops</b>		<b>Grounding, Centering and Rebuilding Toward Healing</b> <i>Helen Bzdel</i> (Manitoba Room)
	<b>Masks of Grief &amp; Loss</b> <i>Shirley Hickman</i> (Alberta Room) • <i>limited to 12 participants</i>	<b>Redefining Meaning</b> Karen Simmonds (Saskatchewan A Room)	<b>Learning to Understand our Experiences of Grief and Anxiety</b> <i>Chalaine Senger</i> (Brass Lantern Room)
<b>Working through Grief and Loss Using Art Therapy</b> <i>Helen Bzdel</i> (Manitoba Room)	<b>PowerPoint Tips &amp; Tricks for Current Speakers</b> <i>Sandra Hickman</i> (Brass Lantern Room)	<b>Grief...Untold Story</b> <i>Karen Simmonds</i> (Saskatchewan A Room)	
<p>3:00-5:00 p.m.</p> <p><b>Room Check-in</b> at Front Desk</p> <p><b>Forum Registration</b> at Front Lobby</p>	12:15 – 1:15 p.m. <b>Networking lunch</b> (Saskatchewan A Room)	12:00–1:00 p.m. <b>Closing Lunch</b> (Saskatchewan A Room)	
		1:15-4:30 p.m. <b>Workshops</b> 2:45-3:00 p.m. <b>Coffee Break</b>	
	<b>Grief and Addiction from a Family Perspective</b> <i>Karen Simmonds</i> (Manitoba Room)	<b>Concurrent Sessions (Below)</b>	
	<b>Living with Chronic Pain</b> <i>Dwayne Cameron</i> (Brass Lantern Room)	1:15 - 2:45 <b>Raising Awareness and Influencing Others</b> Lynn Danbrook (Saskatchewan A Room)	
<b>Men Only</b> Simon Lasair (Albert (Alberta Room)	3:00 - 4:30 <b>The Importance of Taking Good Care of You</b> Kelley Thompson (Saskatchewan A Room)		
4:30-6:00 p.m. <b>Free Time</b>			
 <p>5:45 p.m. <b>Welcome</b> 6:00 p.m. <b>Dinner</b> (Saskatchewan A Room) To be followed by <b>Reflections Ceremony</b>†</p>	6:00 p.m. <b>Reception</b> (Saskatchewan A Room) 6:30 p.m. <b>Dinner</b> <b>Volunteer Recognition &amp; Opportunities</b>		

† bring a framed photo of your loved one  
\*\*Program subject to change.