

## Caregiver Wellness

Saturday, February 24, 2018

9:00 a.m. – 3:00 p.m.



### AGENDA:

- 9:00 a.m.- 9:30 a.m.- Registration
- 9:30 a.m.- 10:00 a.m.- Welcome and Opening Remarks
- 10:00 a.m.-11:00 a.m.- Keynote Presentation
- 11:00 a.m.-11:15 a.m.- Coffee Break
- 11:15 a.m.-11:45 a.m.- Keynote Question period
- 11:45 a.m.- 12:15 p.m.- Caregiver Panel
- 12:15 p.m.-1:00 p.m.- Lunch
- 1:00 p.m.- 1:45 p.m.- Breakout Rooms part 1
- 1:45 p.m.-2:00 p.m.- Refreshment Break
- 2:00 p.m.-2:45 p.m.- Breakout Rooms part 2
- 2:45 p.m.- 3:00 p.m.- Closing Remarks

### Keynote Presenter: Justean Lebel

Justean Lebel is a Family Navigator at St. Joseph's Health Centre and strives to give voice to family members in a primary care setting. Justean draws on the principles of recovery and trauma informed care to provide group and individual therapy in a variety of modalities. Justean brings lived experience to her practice, which drives her passion for supporting mothers, fathers, siblings, and involved friends.

### Breakout Room Presenters:

#### **Rob Pepler, MSW, RSW**

Rob Pepler has been a Social Worker at Ontario Shores Centre for Mental Health Sciences for over 30 years. Rob has a passion for Mindfulness, successfully incorporating this approach into Psychotherapy and leading numerous workshops on this practice. Rob was instrumental in establishing the Family Council at Ontario Shores.

#### **Tina R. Ward CNP, RNCP, ROHP, CCF**

Tina R. Ward is a Certified Nutritional Practitioner who graduated from the Institute of Holistic Nutrition in Toronto. Tina is a nutritional practitioner and life coach in private practice in Whitby, helping her clients to improve and take control over their own health through nutrition, supplementation, and lifestyle. She also delivers nutrition-based seminars and workshops to many audiences in the community.

### FREE EVENT!

Please register no later than Friday, February 16<sup>th</sup>:

<https://www.eventbrite.ca/e/caregiver-day-2018-registration-41857035520>

You may register with the link above, or by phone:  
905-430-4055, ext. 6970.

*Light refreshments and lunch will be provided.*

*Complimentary parking for the event.*

**Sponsored by:**

### LOCATION:

Ontario Shores Centre for Mental Health Sciences  
Lecture Theatre (Main Building - Building 5, Level 2)  
700 Gordon Street  
Whitby, ON L1N 5S9

For more information, please contact  
The Family Resource Centre:

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