

**Healthy Together Now - *Voice of Community***

**Share & Learn - Nov. 23, 2016**

**Keynote** - **Sharing stories to promote equity: Nothing about us without us** -

Hannah Moffatt & Sharon Kuropatwa

Meaningful involvement of community members is essential to understand and tackle complex health issues such as poverty, homelessness, and food insecurity. This presentation will cover health equity concepts and share stories of applying concepts to health promotion practice. The presenters will share examples of approaches that involve community in program planning, implementation, and evaluation.

**Healthy Together Now - Evaluation Highlights 2010-15** - Erin Huck

Every year, communities across Manitoba take part in HTN. An evaluation has been done to understand HTN's impact across the province. Evaluation highlights share findings of program reach, impact and opportunities.

**Concurrent Sessions - Nov. 23, 1:00 – 2:15pm**

**Food Security in MB: Making it Work!** - Getty Stewart, Leigh Finney, Jessica Lacasse, Joanne Vielfaure-Romaniuk, Dorothy Delorande & Cheryl Richard

There are many challenges in addressing food security in our unique communities. Learn about some innovative and creative ways Healthy Together Now, health promoters and community members are doing what it takes to improve food security in their communities!

**How to use Social Media to promote your organization effectively** - Martijn van Luijn

Many small community organizations and not-for-profits now have a Facebook or a Twitter account. Some are very active and some are struggling to get started or do not know what to do with it. What is the easiest and quickest way to hit the ground running and more importantly, why should you do it?

This fast paced workshop to show you why these (often free) tools are so important and successful. Examples of good and bad initiatives and a simple plain language, effective headlines and an explanation of the future of social media platforms will help your organization reach a maximum impact in the social media landscape.

**Clearing the Smoke - e-cigarettes, hookahs and more; are they safe?** - Jo-Anne Douglas

Most people know smoking tobacco is dangerous but what about the many alternatives that are available? Get an update on the latest products that people are using and find out about their safety. Learn how governments and health agencies are responding to these options.

**Concurrent Sessions - Nov. 23, 1:00 – 2:15pm Cont’d**

**Ways to Well-being -**Karen L. Kyliuk

This session will offer a sneak peek of the WRHA Mental Health Promotion website prior to its official launch scheduled for Spring 2017. Participants will be introduced to 6 evidence- informed **Ways to Well-being** that promote positive mental health including a live demo of the website to explore on-line tools, videos and resources that can be used when working with individuals, families and communities.

**Concurrent Sessions Nov. 23, 2:45 – 3:45 pm**

**Active Living Facilitator -** Stephanie Jeffrey, Sheena Kilpatrick & Casey Gall

Creating physical activity champions takes the right amount of training at the right time and at the right price. The Manitoba Fitness Council offers an introductory course called the Active Living Facilitator Workshop; this 8-hour workshop is designed to teach participants how to lead physical activity programs. We will bring the trainer and a participant who can share how she turned her knowledge into a walking program in her community.

**Creating a Mentally Healthy Community** - Jordan Friesen

Mental health and mental illness are quickly becoming ingrained in the public dialogue. As stigma surrounding mental illness decreases communities are becoming more interested in how to cultivate good mental health. There is no single solution to creating a mentally healthy community, but there are a number of key principles and ideas that need to be at the heart of any community-based initiative. Learn about what impacts the mental health of communities and how to create pathways to good mental health for all. Hear some examples of community-based initiatives that that focus on improving the mental health of citizens, families, and neighbourhoods.

**Working with Culture and Diversity -** Flo Frank

This is an interactive workshop that looks at changing demographics and the implications of change for community programs. There will be open dialogue about biases and assumptions that shape our thinking and consideration of ways to work collaboratively in a very mixed ethno-cultural context. Some cutting edge examples of direction being taken in other sectors will be shared as well as an opportunity to hear about the experience of participants in the room.

**Impact Programming and the Grizzlies Movement** - Dave Little

The Grizzlies movement is an incredible example of the change Impact Programming can make in the lives of individuals and community. We will examine the Grizzlies movement and discuss the components required in Impact Programming and their importance. Participants will have an opportunity to evaluate and identify key components in their current programming and explore ways to make the move towards Impact Programming.



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**Share & Learn - Nov. 24, 2016**

**Keynote: Working with community - a personal journey -** Mitch Bourbonniere

Mitch will describe his community work, working with at-risk youth and Indigenous communities. He will share his experience in volunteering as well as recruiting and maintaining volunteers. Mitch will share a model he has developed based on “lateral empathy” where folks in the same circumstances help one another. Mitch will talk about healthy community and engaging community members to help one another and themselves.

**Concurrent Sessions Nov. 24, 12:45 – 1:45 pm**

**Community engagement & empowerment - what it really can accomplish** - Mitch Bourbonniere

Mitch will elaborate on themes from the keynote. This interactional workshop will allow participants to ask questions and learn from each other. Details on “best practices” surrounding community engagement and empowerment will be discussed.

**Introduction to Mindfulness -** Wendy Malko

Mindfulness is the practice of living in the present moment without judgment. The term mindfulness was introduced by Jon Kabat Zinn, a professor of medicine at the University of Massachusetts in the 1970’s. He conducted extensive research on the benefits of meditation and yoga on the body and mind and created the curriculum for the 8 week Mindfulness Based Stress Reduction course which is now taught all over the world. This curriculum has been adapted by various experts and is taught in schools, used in hospitals and is also used in various large corporations due to extensive research showing how a regular mindfulness practice can reduce stress and anxiety and improve focus and overall performance. Participants in this workshop will walk away with:

* A good understanding of what mindfulness is and its benefits
* How stress affects our health and performance
* The science behind meditation and why it works
* Practical tools and techniques to live mindfully

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**Concurrent Sessions Nov. 24, 12:45 – 1:45 pm cont’d**

**Engaging Today’s Volunteers** - Dawn Bourbonnais

Our volunteers are critical to the success of our programs and services. Knowing how to attract those highly-skilled volunteers, and keeping them engaged with your organization, is not an easy task. This workshop will explore the needs of your volunteers and what motivates them to be a part of your organization. You will learn a range of strategies and also gain new perspectives in volunteer recruitment and engagement.

**Concurrent Sessions Nov. 24, 2:00 - 3:00 pm**

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**Being welcoming; how that supports newcomers and their mental well-being** - Don Walmsley

What do we need to be a welcoming community for newcomers? What can we do towards encouraging positive mental well-being within the whole community? A frank and open discussion about the pluses and real challenges of welcoming newcomers into your community.

**Harm Reduction 2.0- Beyond the Needle!** - Shohan Illsley

In Manitoba, we understand that harm reduction is a best practice model of care. Harm Reduction is more than needle distribution, and in fact, you don’t need to do distribution to work from this model! Participants will come away from the workshop with a better understanding of harm reduction, as well as an appreciation for how harm reduction fits into their work!

**Planning for the Next Generation of Volunteers -** Dawn Bourbonnais

Ever wondered how well your organization works with youth volunteers? For more than a decade, Canadian youth (ages 15 - 24) have volunteered more than any other age group, putting young people well above the national average. It’s critical that organizations give youth positive volunteer experiences so Volunteer Manitoba has put together a 1-hr workshop that includes tips on engaging, retaining, and working with youth volunteers.