

*AAFSLW Members*  
*\$150*  
*Non-members Welcome*  
*\$200*

# *Authentically You*

## *Mind - Body - Soul*

*September 20-21, 2018*  
*Camrose Resort Casino*  
*3201-48 Avenue*  
*(780)679-2376*

Register at: <http://www.aafslw.ca/our-conference.html>

### *Mindfulness*

Facilitated by  
Tammy  
Richard

### *Sexual Violence & Technology*

Presented by  
**SACE:**

**sace** sexual assault centre  
of edmonton

### *Mental Health & the Mind-Body Connection*



with  
Deepika Miitra

### *Let's Talk About Sex, Baby!*

Presented by  
Tracey Burnette



### *Compassion Fatigue*

Facilitated by  
Bill Harder

**WING-DING-SHIN-DIG**

You are invited to join us Wednesday Night (September 19) in the Hotel Lounge

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### *Mindfulness*

**Tammy Richard**

*Mindful Schools Instructor*

*School Based Mental Health Promotion,  
Alberta Health Services*

**Tammy Richard is a Certified Mindful Schools Instructor, and has been teaching yoga and mindfulness in the classroom for over 10 years. Tammy also works with school staff to help deepen their own personal mindfulness practice and offers mental health & wellness learning opportunities to help cope with stress.**

*Tammy has worked for Addictions and Mental Health for nearly 20 years and presents to audiences of all ages.*

**sace** sexual assault centre  
of edmonton

### *Sexual Violence & Technology*

**Discussion topics include:**

- **Sexual harassment**
- **Sexual assault**
- **Consent and coercion according to Canada's Criminal Code**
- **Non-consensual photo sharing**

*Resources & supports for those affected by sexual violence.*

<https://www.sace.ab.ca/>

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### *Let's Talk About Sex, Baby!*

**Tracey Burnette, BSN, RN**  
*Sexual Health Consultant*  
*Alberta Health Services*

***Sex Through the ages, update of what is happening with students today, information about IUDs & Plan B and students, access to and awareness around resources in communities across Alberta, fictitious case study discussion, updated guidelines and legislation.***

*Tacey is an energetic & dynamic presenter with expertise in this field. You are sure to laugh and learn!*



### *Compassion Fatigue*

**Bill Harder**  
*Wellness Expert*

***Bill is wildly passionate about wellness, at work and at home. His workshops are an indulgence in self-care for the sake of making a difference in the world.***

*Facilitating sessions encompassing compassion fatigue, vicarious trauma and wellness solutions.*

[www.insidewise.ca](http://www.insidewise.ca)

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### ***Mental Health & the Mind-Body Connection***

**Deepika Miitra**

*Therapist, Stress Expert and Self-Care Advocate*

*With degrees in science, social work and dance, Deepika emphasizes the link between mind and body to manage life experiences and increase wellness.*

*Using mindfulness, Eye Movement Desensitization and Reprogramming (EMDR), cognitive behavioural therapy and solution-focused therapy, she helps individuals, couples and families develop tools within themselves to overcome traumas big and small.*

*She has recently authored Social Media & Technology: How to Use It Without Being Consumed By It and created a game, Move Your Memory, helping families practice yoga in a playful and accessible way.*

<http://deepikamittra.com>

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