

# FREE 2 BE

## 2011 BSEC Wellness Conference

Join us for two days of stories and games!

Bay's  
Street  
Education  
Centre



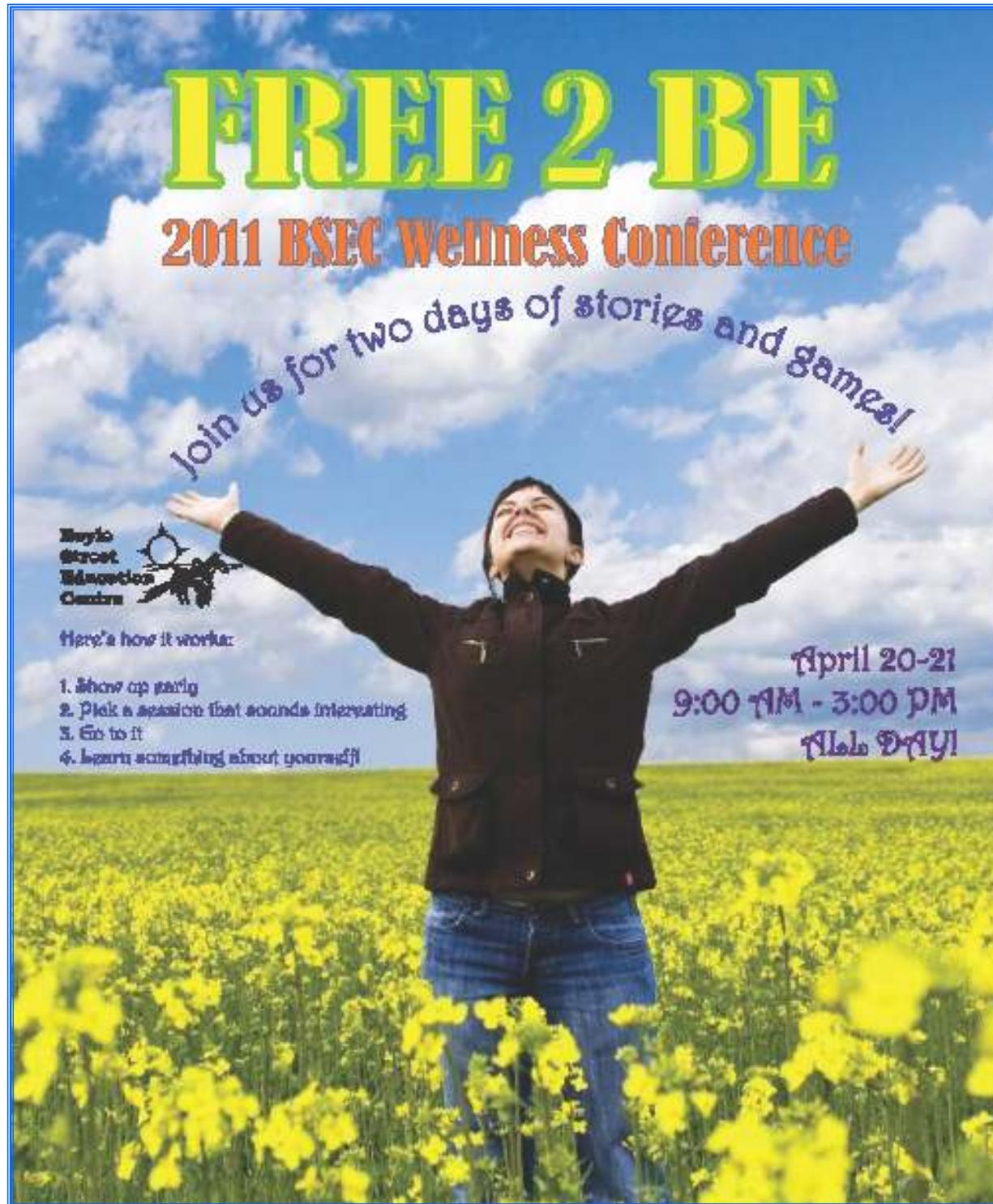
Here's how it works:

1. Show up early
2. Pick a session that sounds interesting
3. Go to it
4. Learn something about yourself!

April 20-21

9:00 AM - 3:00 PM

FREE DAY!



"Free 2 Be" Health and Wellness Conference				Day 1 April 20, 2011		
8:50- 9:10	Opening ceremony and invocation			With Dave LaSwisse		
9:20- 9:50	Locution			Revolution		
	Gymnasium	Native Studies	Social	English	Math	Art
9:50- 10:50	Yoga with Brandy	Pohna: Presentation on gangs- Lance and Marty	<b>2 H PRESENTATION</b> A life in Pieces. Restore your inner Being	Reflexology with Christine and Christine 15 students max	Cultural craft- Beading with Dianne 15 students max	
BREAK				10:50- 11:00		
11:00- 12:00	Yoga with Brandy	"A New Day" (exploring grief & loss) Pam & Cliff	CONTINUED FROM LAST BLOCK	Reflexology with Christine and Christine 15 students max	Cultural craft- Beading with Dianne 15 students max	YRAP- Youth Restorative Justice Program
LUNCH 12:00 12:50				RESOURCE FAIR in VC Room		
12:50-1:50		Drum a drum drum- Marcus Feng- drum Circle 20 students maX		Amanda Welliver- speaking of struggles to overcome and personal growth...		
BREAK				1:50- 2:00		
2:00-3:10	<b>SCHOOL WIDE PERFORMANCE-</b> Sean's stage show involves audience interaction. from everywhere, canes, silks and more. The Sean will also talk about how he has had to			<b>SEAN WATSON- ILLUSIONIST</b> Cards will come out of thin air, candles audience won't want to blink their eyes. manage his ADD to succeed in life and career.		

# “Free 2 Be” Health and Wellness Conference    Day 2 April 21, 2011

	Gymnasium	Native Studies	English	Math	Upstairs Area	Other available rooms
8:50-9:50	Boxing with Silvo	Massage with Dawn, Nadine and Barb	Impact of Addictions on a family Darren Herd	Health for two Presentation	Art Project- Donna	
9:50 – 10:50		Massage with Dawn, Nadine and Barb	“Know your rights” EPS & improv	STD Presentation Susan Jamieson	Art Project- Donna	iHuman in <b>MUSIC ROOM</b>
BREAK 10:50- 11:00						
11:00 12:00		Massage with Dawn, Nadine and Barb	LiverRight- Healthy Lifestyle choices	STD Presentation Susan Jamieson	Art Project- Donna	“Know your Rights” Micheal Jewers in <b>SCIENCE ROOM</b>
LUNCH 12:00- 12:30			LUNCH 12:00- 12:30			
12:30-1:30	<p style="text-align: center;"><b>“I’m Not For Sale” presentation on sexual exploitation and human trafficking</b></p> <p style="text-align: center;">This team has been put together by people who are making others aware of the presence of sexual exploitation in our communities. The team consists of EPS Constables Mitchell and Voogd, former prostitute - Norma, an Immigration Canada representative, and EPS Staff Sergeant John Fiorilli (VICE Unit).</p>					
BREAK 1:30- 1:35			BREAK 1:30- 1:35			
1:35-2:07	<p style="text-align: center;"><b>YELLOW RIBBON DANCERS &amp; Mini Round dance</b> (Traditional Dance Presentation)</p> <p style="text-align: center;">The Yellow Ribbon Dancers is a group of Dancers that have travelled throughout the world. Their performance will consist of a Grand Entry, ladies jingle, and men’s traditional. The significance of each dance will be explained and a mini round dance will follow.</p>					

## Day 1 Presenters

### A Life in Pieces Lana Buoy

"Piece" together spiritual, intellectual, emotional and physical balance. This two hour workshop utilizes aboriginal traditions allowing students the time and resources to become self aware of their spirit of survival and to find happiness and pride.

### Drumming Workshop Marcus Fung

Roughly seven CIRCLE ROUND's exploring space ...friends...is an intentional, safe and nourishing, creative space... event of sharing, listening and playing... is a space to reclaim and resound our voices together... is a sharing of simple, inter-traditional songs of life songs, chants and dances that everyone can sing...is a place to express gratitude and LOVE for all things

### My Story Lance Marty, Pohna

Lance is an Aboriginal professional an alumni and former staff member of Inner City High, and is currently employed with the Pohna (Keepers of the Fire) Program. Lance outlines in this talk how he overcame a life of self-defeat and victimhood to become one of Edmonton's most dedicated and effective community support workers.

Reflexology Join Christine Wyngrzynski and Christine Baptiste as they walk you through the reflexology points (specific nerve endings) in the hands and feet for a relaxing and educational experience!

### Traditional Beading Dianne Quinney

Lets get creative. All interested students will be making a beaded feather keychain

### Edmonton Pride Centre Jessye Basham

The Pride Centre's YouthSpace is a drop-in space for gay, lesbian, bisexual, trans-identified, queer, questioning and straight-allied youth under 25 in Edmonton, Alberta. YouthSpace offers a chance for youth to interact, make new friends, pursue leadership opportunities, access a variety of resources and information or just hang out in a safe and accepting space.

### The Art of Appreciation Amanda Welliver

Amanda Welliver has made a business out of inspiring others to be the best that they can be. Amanda's programs aim to change the lives of children and adults by teaching them the art of self-appreciation, self-esteem, power of positive thinking and an overall positive self loving image.

### Yoga Brandy Basisty

Yogic postures and breath help you to release physical and mental tension, and create spaces for new energy. This space can be sensed as a lightness or increased flexibility in the mind and body. Be sure to wear comfortable clothes that you can stretch in.

### A New Day (Exploring Grief & Loss) Pamela Thompson and Cliff Whitford

Whether your loved one is a family member, friend, or acquaintance, death affects us all. This session explores the realities of death and how it impacts us in our journey through life. Through ceremony; open discussion, and interactive exercises, Pam and Cliff will explore effective ways of dealing with personal grief and loss.

### YRAP Youth Justice Program

The Youth Restorative Action Project (herein referred to as YRAP) is a Youth Justice Committee is sanctioned under section 18 of the Youth Criminal Justice Act. YRAP meets with young offenders to discuss the harm that has been caused by criminal action, and come up with creative, effective resolutions to repair the harm and address the actions of the youth, in a way which is both educational and rehabilitative.

Locution Revolution were formed in 2010 and have been holding down the Edmonton scene since 2008. Locution are so fresh they have been described 'like cold ice cream on a hot summers day.' They are 'iD, Khiry Tafari and DJ Dudakron.' Their 2010 album Walk Tall reached #5 on Canadian Hip Hop charts.

## Day 2 Presenters

### LiverRight Melissa Johnson

Mellissa Johnson's presentation will examine how a person's lifestyle choices affect one of our body's most vital organs, the Liver helps keep our bodies clean and supplied with healthy hormones. Topics from food choice to sexual partners will be discussed and questions answered.

### Alberta Boxing Sylvio

Boxing is a great workout for one's heart, mind, and body. This session involves learning to warm up the body to prepare for boxing, fundamental footwork, basic boxing strikes, and pad work. **To participate in this session, you must wear loose-fitting clothing that allows for movement and a lot of sweat.**

### Sexually Transmitted Diseases Susan Jamieson

Susan is from the Alberta Health Services STI Clinic will be talking about how to protect yourself from STI's, signs and symptoms, and the various services offered at the STI clinic. With cases of irreversible STI's on the rise, knowledge is power.

### Music Workshop with iHuman

iHuman **music programs** help Edmonton youth at risk explore their own feelings and rebuild their lives through notes and lyrics. Join Max in the music room for a fun and informative session.

### "Know Your Rights with Children's Services"

Are there questions that you've always wanted to ask a social worker? Michael Jewers from Alberta Child & Family Services would like to share his passion for working with youth and 10+ years of field experience with you!

### Massage

The MH Vicars Massage School of Massage Therapy is offering 15-20 minute chair massages for students. Please sign up early- sign up sheets will be posted on the door of the Native Studies room.

### Impact of addictions on family Darren Herd

Darren Herd is a life skills coach, anger management facilitator, and addictions counsellor. Darren and his children have made many presentations in Edmonton and surrounding communities. What motivates them to do this is saying to themselves, "If it helps to save just one youth's life, then it has been a success".

### "Know Your Rights with the Law"

Presenters: Constable Will Hermosura, Constable Trish Nicholson and world famous Improv instructor, Joleen Ballandyne will present a light hearted look at the relationships between Boyle Street students and Edmonton Police Service. We will explore myths, possible misunderstandings, rights and regulations through the art of Improv.

### Art Project with Donna Pinkard

Please join the wellness project, as students and staff create a large mosaic mural with the use of small canvasses and a rainbow of colours.

**Resource Fair to be held in the Video Conference Room**

Various community based organizations converge upon Boyle Street Education Centre to provide youth with valuable information on the services they provide.

Attending organizations include:

- Boyle Street Community Services Youth Unit
- Youth Criminal Defense Office
- iHuman
- Crystal Kids
- EmployAbilities
- Native Counselling Services
- Learning Disabilities Association of Alberta
- Alaina Thursby, Family Support Worker with the Bissell Centre

**The Boyle Street Education Centre would like to acknowledge and thank the following for their contributions:**

Extreme Brandz

Shadow Theatre

Mavis Averill

Sportsworld

Donna Pinkard

Booster Juice

The City of Edmonton

Cookies By George

The Old Spaghetti Factory

Citadel Theatre

Mary Pfeffer

Caffe Sorrentino

TRS Holdings

Theatre Network

**A very special thanks goes out to Beau Coston for designing the cover page**