



'TOGETHER FOR DOWN SYNDROME' CONFERENCE

OCTOBER 19TH, 2019
GREAT WOLF LODGE,
NIAGARA FALLS, ONTARIO

AGENDA

SATURDAY, OCTOBER 19th, 2019

7:30 AM – 9:00 AM **BREAKFAST - ANTLER SHANTY**

8:30 AM – 9:00 AM **REGISTRATION - NW TERRITORIES**

9:00 AM – 10:30 AM **WELCOME & KEYNOTE – NW TERRITORIES**

10:30 AM – 10:45 AM **COFFEE BREAK – NW TERRITORIES**

10:45 AM – 12:15 PM **WORKSHOP #1 - NW TERRITORIES**

WORKSHOP #2 – FALLEN TIMBERS

12:15 PM – 1:45 PM **LUNCH – ANTLER SHANTY**

1:45 PM – 3:15 PM **WORKSHOP #3 – NW TERRITORIES**

1:30 PM – 3:30 PM **WORKSHOP #4 – FALLEN TIMBERS**

3:30 PM – 4:30 PM **FAMILY YOGA – NW TERRITORIES**

SUNDAY, OCTOBER 20th, 2019

7:30 AM – 10 AM **BREAKFAST BUFFET - ANTLER SHANTY**

SATURDAY, OCTOBER 19TH, 2019

9:15 am – 10:30 am – Keynote - A Legacy of Love:

Comedian Dan Kulp shares his story of growing up with the blessing of four siblings with Down syndrome and the joy of being able to follow in his parents' footsteps by adopting 3 children with special needs. He will make you laugh and cry and laugh again during this roller coaster ride of emotions that will leave you inspired! Q & A to follow.

10:45 am – 12:15 pm – Workshop #1 – Part I - Parents as the Agents of Change:

Incorporate the Fundamentals of Neuroplasticity into Everyday Life

This workshop is designed as an introduction to neuroplasticity, an overview of the Nine Essentials of the Anat Baniel Method® and an exploration of their potential for the growth and development of your child. Together, we will learn about the fundamentals of developmental movement through a guided group exercise, called a Transformational Movement Lesson, and will identify key insights you can explore further with your child at home. There will also be an opportunity for Q & A with the facilitator, Judith, who is herself the parent of an adult daughter with a disability.

Presented by Judith Dack, Anat Baniel & Feldenkrais Methods Practitioner

10:45 am – 12:15 pm – Workshop #2 – Down syndrome and Autism Spectrum Disorder

This workshop will give highlights on what we know about DS and autism, what to look for and how to meet their needs.

Presented by Dr. Rudaina Banihani, Neonatologist and Developmental Pediatrician. She is an Assistant Professor with the Department of Paediatrics in the Faculty of Medicine at the University of Toronto. She holds a staff position in the Division of Newborn Developmental Paediatrics, providing clinical care in the Neonatal Intensive Care Unit (NICU) and Neonatal Follow-up clinic at Sunnybrook Health Science Centre. She was the Co-Director for the Down Syndrome Clinic at SickKids from 2014-2018. She is a member of the Down Syndrome medical interest group in the US (DSMIG) and is also a member of the DS-ASD-DSMIG committee.

**1:45 pm – 3:15 pm – Workshop #3 – Part II - Parents as the Agents of Change:
Incorporate the Fundamentals of Neuroplasticity into Everyday Life**

Presented by Judith Dack, Anat Baniel & Feldenkrais Methods Practitioner

1:30 pm – 3:30 pm – Workshop #4 – Micronutrient Needs and Intervention in Down syndrome

This workshop will provide parents and practitioners with a scientific evidence base for understanding the unique micronutrient needs associated with the presence of a 3rd arm (trisomy) on chromosome 21 in Down syndrome. The relationship between these raised micronutrient needs, growth, development and disease prevention in Down syndrome will be explored. OHIP-covered testing for some of these micronutrients, and interpretation of the results will be discussed. Targeted ideas for micronutrient enrichment through diet and supplements will finish the presentation, followed by an open question-and-answer period.

Presented by Joan Jory, RD MSc PhD, who has been working collaboratively in specialized clinical practice for 19+ years, and also worked in pediatric home care for 7 years.

3:30 pm – 4:30 pm - Mindfulness for Children

Yoga invites children into a world of possibilities. This workshop will teach your child: stress relief and relaxation, energizing, mindfulness, mental focus, connection with others in a natural setting, self esteem, self calming, strength, flexibility, balance, and sensory processing. Your child will find a source of strength that he/she had not known. This workshop is for families and their children.

Presented by Karen Mackisoc, Children's Mindfulness Educator/Special Needs Yoga Instructor

Conference Location – The Great Wolf Lodge in Niagara Falls located at 3950 Victoria Avenue. Their phone number is 1-888-878-1818. More information on the Great Wolf Lodge can be found at www.gwl.com.

The code to register for the conference is 1910DOWN.

Send cheque and registration to: Down Syndrome Association of Peterborough, 300 Sunset Blvd., Peterborough, ON K9H 5L3, Attention Deb Reid.

Registration forms can be emailed to reidsap@gmail.com.

If you have any questions, please call Deb Reid at 705-875-0606.

Parent #1 - \$100.00 _____

Parent #2 - \$75.00 _____

of Extra Meals x \$62.00 _____

Total Amount _____

Workshop Selection		
	Workshop AM	Workshop PM
1st Choice	#	#
2nd Choice	#	#

Mindfulness for Children Yoga Workshop

Please confirm the following in order to accommodate yoga mats –

Number of Adults – _____

Number of Children and their ages - _____

