

TEEN AND YOUNG ADULT CONFERENCE 2023

When: August 17th from 8:30 am to 2 pm
Where: David Thompson School, Calgary



FIRST AID WORKSHOP (14 spaces available- 50 min)

Child Safe Canada will be leading this workshop where you will learn about cuts, nose bleeds, slings and others. Complete this course and get your own certificate!

COOKING WORKSHOPS (12 spaces per session- 50 min - 3 sessions offered)

FoodImpact will bring to you 3 different sessions where you will cook for yourself and others. Engage in a hands-on, educational session about nutrition, food and culture while learning basic cooking skills.

RELATIONSHIPS AND HEALTHY DATING (12 spaces available - 50 min)

Dating is a choice and during this session **Heather Cobb from AHS** will help you learn what to say, how to know if a date has gone well and what to do if you want to end a relationship.

LET'S MAKE A BUDGET! (12 spaces available - 50 min)

Learn with **Momentum** how to have control over your money by understanding the difference between needs and wants, learning to track your expenses, and how to put together a budget.

CREATIVE MEMORIES (15 spaces available - 50 min)

Provided by **Tasha Walsh**, in this session participants will create a simple scrapbook using their own pictures. Transform 10-15 pictures into a scrapbook you get to take home.

KARATE KID SESSION (20 spaces available - 55 min)

Lilia Sensei is excited to bring a unique program specifically for Ups and Downs. Learn how to make a fist, basic techniques like stance, punch, and kick, and find your own karate kid balance!

PERSONAL BOUNDARIES (12 spaces available - 50 min)

Setting boundaries about space, touch and information helps people stay safe. In this session with **Heather Cobb** you will learn how to set limits and protect your boundaries in a respectful way

LET'S DANCE TO CELEBRATE! (20 spaces per session - 50 min - 2 sessions offered)

Learn social dance, freestyle, hip hop party moves and personal expression. **Community Dance Classes at the NaAC** are for all skills, genders and backgrounds. All movement variations and abilities are welcome.

INDEPENDENT LIVING (15 spaces - 50 min)

Paul Sawka, a current member of Ups and Downs, will discuss what it is like to live with a supportive roommate and the skills that he needed before he was ready to move out.