

DREAMS CONFERENCE 2016

October 14th to October 16th, 2016

**Great Wolf Lodge
Niagara Falls, ON**

Dream



AGENDA

Friday, October 14th, 2016

6:00 PM – 7:30 pm Registration in **Front Lobby**

Saturday, October 15th, 2016

7:30 am – 9:00 am Breakfast in **Antler Shanty**

8:00 am – 9:00 am Registration in **Front Lobby**

9:15 am – 9:30 am Welcome in **Northwest Territories**

9:30 am – 10:15 am KEYNOTE ADDRESS

10:30 am – 12:00 pm KEYNOTE ADDRESS

12:00 pm – 1:30 pm Lunch In **Antler Shanty**

1:30 pm – 3:00 pm Workshop 'A'

3:00 pm – 3:30 pm Coffee break in **Northwest Territories**

3:30 pm – 5:00 pm Workshop 'B'

5:15 pm – 6:00 pm DSAO Annual General Meeting

Sunday, October 16th, 2016

Breakfast Buffet in **Antler Shanty**



Keynote: Saturday, October 15th - 9:30 am – 10:15 am

DREAMING with Nicole Flynn and Kathy Primrose



Nicole Flynn is a 23 year old young ambitious woman who has dreamed many dreams and seen them come to reality. She has won the world gold in synchronized swimming and lead the race in butterfly. Nicole recently moved to the country where she is living another dream of being with horses and having a large garden and running through fields of daisies with the birds and the butterflies. Nicole is presently dreaming of attending college that will lead to a job in the future. Her on-going dream is to travel everywhere in the world.

Kathy Primrose, Nicole's mom is a memory maker and dream supporter for her three adult children. Kathy believes heavily in the art of dreaming whether awake or asleep and documenting these dreams as goals to achieve. When not advocating for her children, Kathy can be found writing, walking through the forest or playing her fiddle for the deer and the rabbits and anyone else who wants to listen.

Keynote: Saturday, October 15th – 10:30 am 12:00 pm

RESPOND BUT DON'T REACT with Dr. David Stein



Dr. David Stein is the Co-Director of the Down Syndrome Program at Boston Children's Hospital. He is a pediatric psychologist within the Division of Developmental Medicine at Boston Children's, and an instructor at Harvard Medical School. Dr. Stein is also a faculty member of the Leadership Education in Neurodevelopmental and Related Disorders (LEND) fellowship at Boston Children's. His clinical work is focused on neuropsychological testing and behavior therapy with children who have neurodevelopmental disorders. Dr. Stein's research is focused on accurate phenotyping of complex and comorbid neurodevelopmental conditions, factors affecting long-term outcomes, and quality improvement. Dr. Stein is a native of Boston who began working with children with Down syndrome during his own childhood, volunteering with a local advocacy group. He completed his bachelor's degree with high honors at Tufts University, majoring in Clinical Psychology with a Child Development concentration. Dr. Stein completed his doctoral coursework at the Massachusetts School of Professional Psychology, his internship at Harvard Medical School/The Cambridge Hospital, and his post-doctoral fellowship at Boston Children's Hospital, also a Harvard Medical School teaching hospital.

Behavior problems impact 30% of children with Down syndrome. Left untreated, these same children often exhibit behavior problems as adults, limiting work and independent living opportunities. Many typical behavioral management tools are less effective for children with DS. In order to address behavior problems in DS effectively, one must understand the brain-based reasons for these challenges and direct treatment appropriately. This workshop will present the basic neuroscience of Down syndrome and how this informs effective behavior management, with practical strategies provided for use in the home and school settings.

1. Bodies, Boundaries, & Behavior: Understanding Sexual Learning in Individuals with Down syndrome –

*Terri Couwenhoven MS, AASECT Certified
Sexuality Educator*

This session compares and contrasts sexual learning in the general population with sexual learning in students with intellectual disabilities. Designed to help participants understand unique circumstances in the lives of people with intellectual disabilities that shape attitudes and behaviors around sexuality.

2. Handwriting Without Tears – Pre-K Readiness to Grade 2 –

Lindsay Amey received her Masters of Science in Occupational Therapy from the University of Western Ontario in 2005 and is currently working as a school health Therapist with Closing the Gap Healthcare Group in Collingwood, ON and as a National Presenter for Handwriting Without Tears in Canada. She has 6 years of experience using the Handwriting Without Tears curriculum consulting to parents, teachers and Educational Assistants as well as working one-to-one with children aged 3-21 yrs.



Lindsay received her training and certification in the HWT Pre-K through Grade 5 curriculum as well as in the administration of the Print Tool Assessment. In her spare time, Lindsay coaches downhill skiing with the Special Olympics team at Georgian Peaks Ski Club in Thornbury, ON.

***** Readiness & Writing Objectives:**

Learn new ways to enhance children's well-being and school readiness.

- Plan your instruction based on developmental stages for writing

readiness

- Explore activities that develop important social-emotional skills, including body awareness, taking turns and sharing
- Learn to teach size, shape, and position concepts for pre-writing, and sensory motor skills
- Learn our unique approach to effectively teach coloring skills
- Develop alphabet knowledge with music and hands-on play
- Use Hands-On Letter Play to build beginning habits for letter and number formation
- Understand how to use developmental strategies to help children progress from tracing their letters and numbers to writing their names

Printing Objectives:

Provide the knowledge, skills and materials needed to effectively teach print.

- Understand the handwriting process
- Incorporate foundation skills prior to paper and pencil
- Combine developmental and multisensory teaching strategies to teach print
- Identify handwriting assessments
- Apply simple, yet effective remediation strategies
- Share importance of handwriting with research

3. Waking up to Sleep Disorders in Children with Down Syndrome –

Dr. Indra Narang is the Medical Director of the Sleep Program at SickKids Hospital in Toronto. She is also a trained Paediatric Respirologist who completed her training between London, UK, Canada and the USA. Her clinical and research interests lie in the diagnosis and management as well as the consequences of sleep disordered breathing in children.

The workshop will address managing sleep disruption in children and diagnosis and management of sleep apnea in children.

4. Art Therapy Class

for children with Down syndrome and their siblings ages 7 – 21 but **MUST** pre-register on your registration form as there is **limited** space. If a child requires individual support, a parent will be required to attend the class.



Melanie Persia is a visual artist living in Vineland. She has taught art to children and adults for the past 15 years. It is a passion of hers to share her joy of creativity and to watch others discover their own. Melanie believes everyone is an artist! Melanie attended the University of Guelph for fine art many moons ago. In 2001 she attended Sheridan College in the arts and crafts programme mastering the art of flame working. She is an emerging artist in the glass world and the owner of Hotglass.

The children will be taught the proper way to hold a paint brush and administer paints properly.

As a group, a subject to paint will be discussed, and the artist will begin a painting where the children can mirror the artist at first. After the painting has begun, the children are encouraged to use their own imaginations to complete the piece. At the end of the class every child will have a unique painting all their own!

WORKSHOP B

Saturday, October 15th - 3:30 pm – 5:00 pm

5. Sex Ed 101: Teaching Tips when your child has Down

Syndrome *Terri Couwenhoven MS, AASECT Certified Sexuality Educator*

This session integrates best practice research for teaching sexuality to individuals with cognitive disabilities. Teaching strategies (how do I teach?) along with key foundational concepts (what do I teach?) are presented. Examples of resources and ideas for teaching at home, school, or in the community are shared.

6. Handwriting Without Tears – Part 2

7. Navigating through your Financial Plan –



Dan Moloney, financial advisor with Sun Life Financial for the past nine years in Peterborough. He has been a member of the Board of Directors of the Down Syndrome Association of Peterborough on and off for almost 10 years.

Navigating through your financial plan is difficult for anyone, but navigating through planning with a disabled member of the family can be even tougher.

There are lots of questions in terms of life and health Insurance, registered disability savings plans (RDSP), registered educational savings plans (RESP), annuities, etc. This workshop will outline all the products and how they might be able to work in your situation.

Every financial plan is different, but it doesn't have to be difficult!

******Please note: The Handwriting Without Tears Workshops have an additional cost of \$64.25 per person for the take away workshop material package.**

*My First School Book Readiness & Writing Pre-K Teacher's Guide Letters and Numbers for Me – K Workbook Kindergarten Teacher's Guide
My Printing Book – 1st Grade Workbook 1st Grade Teacher's Guide
Printing Power – 2nd Grade Workbook 2nd Grade Teacher's Guide
Slate Chalkboard Wood Pieces Set for Capital Letters
Mat for Wood Pieces*

CONFERENCE LOCATION –

The location of the conference is the Great Wolf Lodge in Niagara Falls.

It is located at 3950 Victoria Avenue.

Their phone number is 1-888-878-1818

More information on the Great West Lodge can be found at www.gwl.com.

The code to register for the conference is 1610DOWN.

The cost for a Family Suite on Friday night is \$154.99 plus HST and a

Family Suite on Saturday night is \$174.99 plus HST.

Other rooms are also available at a reduced rate but limited.

MANY THANKS TO OUR WONDERFUL SUPPORTERS!

Down Syndrome Association of Ontario

SickKids Foundation

Charitable Registration Number 86149 5547 RR0001



"DREAMS CONFERENCE" REGISTRATION FORM

October 14TH – 16TH, 2016

Please use a single form for each adult. Photocopy as required. Please print.

Personal Information:

Name: _____

Address: _____

Phone: Day _____ Email: _____

1. Conference Fee: (2 Breakfasts, Saturday Lunch & Coffee Breaks all included).

Professionals	\$150.00 _____
Parents (Up to Sept. 23rd)	\$125.00 _____
Additional Parent	\$100.00 _____
Member of DSAP	\$100.00 _____
Member of DSAP Additional Parent	\$75.00 _____
Registration (After Sept.23rd)	\$175.00 _____

Total Amount Due \$ _____

Additional meals for other family members not registering for the conference may be purchased at the various food locations on-site. There is a refrigerator and microwave in each family suite.

Payment may be made by cheque payable to DSAP or by Visa/MasterCard

I would prefer to charge the conference to my credit card

Expiry Date _____ Code _____

Phone # _____

Name _____

Address (including postal code)

Workshop Selection		
	First Choice	Second Choice
Saturday A	#	#
Saturday B	#	#

Send cheque and registration to: Down Syndrome Association of Peterborough, 300 Sunset Blvd., Peterborough, ON K9H 5L3. For inquiries contact 705-749-6695
Email registration to info@downsyndromepeterborough.ca

My child (name and age) will attend the Art Therapy Class _____.