



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*



**Mood Disorders Association of Manitoba (MDAM) presents
SHOPPERS LOVE. YOU., Run for It Professional Development Day**

Date: Friday February 16th, 2018 from 9:00am – 3:30pm

Location: Masonic Memorial Temple (420 Corydon Ave)

Professional Development Training Day Schedule

9:00 am Overview and Welcome - Tara Brousseau Snider and Monica Wood

9:30 am Brain: Journey to Resilience - Palix Foundation and Alberta Wellness Centre

10:30 am - Break

10:45 am Brain: Journey to Resilience - Palix Foundation and Alberta Wellness Centre

11:30 am Pharmacology Overview for Youth - Shoppers Drug Mart

12:00pm Lunch

12:45 pm Race Overview/Training - Lorraine Walton from Running Room

1:15 pm Promoting Positive Mental Health and its Relationship to the Prevention of Bullying -
Dr. Mary Hall

2:15 pm - Break

2:30 pm Mood Disorders and Recovery - Griffin Jenkins

3:00 pm Curriculum, Registration, Team-Building, and Run info - Monica Wood and Tara
Brousseau Snider

3:30 pm Adjourn

Presenters

Dr. Nicole Sherren is the Scientific Director and Senior Program Officer with the Palix Foundation. She has a Ph.D. in Neuroscience from Carleton University. She moved to Alberta in 2003 to hold an Alberta Heritage Foundation for Medical Research/Neuroscience Canada research fellowship at the University of Lethbridge. Her research focus includes experience-based brain development, neurodevelopmental disorders, and brain plasticity. Nicole joined the Palix Foundation in 2007 to focus on mobilizing the science of early brain development into policy and professional practice. She both designs and delivers professional development opportunities across sectors such as health, education, human services and justice. She lends her expertise to non-profits, committees, community-based projects, and research studies across Alberta. She also volunteers as a member of the Board of Directors for Calgary Alpha House Society.

Dr. Mary Hall has been an educator for over 30 years. Her teaching experience ranges from elementary school to undergraduate and graduate levels at universities in Manitoba and British Columbia. Mary was the Director of Safe Schools Manitoba for 15 years, working in schools across the province to create caring, respectful, inclusive, and ultimately, safe learning environments. She is currently an educational consultant, as well as a sessional instructor in the Faculty of Education at the University of Winnipeg.

Griffin Jenkins - Following the divorce of his parents, at the age of 12 Griffin Jenkins entered into a period of depression and self-harm. Today, at just 20 years old, he is living in recovery and serving as the Director of Education and Youth Services for the Mood Disorders Association of Manitoba. There he supports youth at-risk for mental health concerns who are only a few years younger than him. As someone around their age who has overcome similar obstacles, the youth see Griffin as a powerful role model. He shares his experiences with mental illness and talks candidly about the consequences of keeping all your feelings inside. He also teaches them how to cope with their emotions. As the leader of multiple programs at MDAM, he encourages youth to use these positive activities as an outlet for their feelings. Griffin's message for youth is simple, and it is one likely only someone as relatable as he could deliver so successfully: things can get better, but it is not an easy task. Recovery is not an end goal, recovery is doing whatever it takes to make today a little bit better than yesterday. Griffin is on the Mental Health Commission of Canada's Youth Advisory Committee and was named a Difference Maker in the 150 Mental Health Change Makers in Canada by the Centre for Addiction and Mental Health. He is also currently a student at the University of Winnipeg.

Monica Wood - Joined the Mood Disorders Association of Manitoba with a broad range of global experience in business, academia, fundraising, and mental health with a strong commitment and history to community engagement. Monica has held a variety of administrative roles with The University of Winnipeg, Initially, being hired as the first Director of a Canadian University to lead a Community Access Department (Duckworth Athletic Centre) reaching out to more than 27,000 participants per annum. She was recognized for top performance and selected for high priority initiatives including Director of Enrollment Services, Director of International Student Services/Study Abroad, Associate Registrar, and Director of Admissions where she took the lead in consolidating domestic and international admissions. Monica also held senior level positions with Saint Mary's University in Halifax, Nova Scotia and The Manitoba Opera. She currently provides consultancy services in mental health and fundraising

Tara Brousseau Snider is the Executive Director of the Mood Disorders Association of Manitoba. Tara serves on the Provincial Suicide Prevention Network, Winnipeg Suicide Prevention Network, an Advisory Body to the Selkirk Mental Health Hospital, the Workplace Group for the Strategic Plan, the Youth Navigation Network, Post-Partum Network, and the Alliance of Mental Health and Addictions agencies. Tara has a private therapy practice with Recovery of Hope. Tara focuses on mental illness, trauma, depression recovery, grief, seniors, younger adults, and couples therapy. Tara currently is on the Board of Governors for the Addictions Foundation of Manitoba and the Board of the Royal Winnipeg Ballet. Tara has a Masters of Arts in Counselling and Psychology from Yorkville University and a Bachelor of Arts from Queen's University.

Lorraine Walton Manager has been the manager for 10 years at the Running Room, Grant location. She started running in 1999 starting at 51 yrs old. She has completed 8 full marathons including the Boston in 2014 and 30 plus half marathons. Her Greatest gift is that she is the Mom of 4 of the greatest human beings.