



## Workshop Descriptions

### **Supporting Survivors, Supporting Ourselves 11:30 am**

with Jessica St. Peter, Women in Crisis (WIC)

Together we will talk about the various forms of gender-based violence that impact our lives and how we can support the people impacted. Through facilitation, group discussion and collaborative activities we will address the varying responses to violence and our hesitations to intervention and survivor support.

### **Journeying Together: Self-Reflective Practice and Allyship 11:30 am**

with Iona Sky, Child and Family Services

During this interactive workshop, participants will spend time exploring the various areas of power, privilege and oppression to help gain ideas on the different ways to be an ally on individual, organizational and systemic levels.

### **Women\*, HIV & Stigma: A Toolkit for Creating Welcoming Spaces with**

Sarah Wilmer, AIDS/HIV Resources and Community Health (ARCH) 11:30 am

This workshop provides practical tips, tools and strategies to help you build a welcoming space for women\* living with HIV or those facing systemic risk factors for HIV transmission. This workshop focuses on intersecting identities and how we can better equip ourselves to tackle stigma many women face on a daily basis. Upon completion of this workshop you will be well on your way to fostering your own welcoming space!

\*\*Women is used to represent a wide range of identities including but not limited to, trans and cis women, women with trans experience, as well as folks on the transfeminine spectrum.

### **Ask the Nurse: How to Support People Living with Mental Illness**

with Ashling Ligate 11:30am

My name is Ashling Ligate and I am a Registered Nurse specializing in mental health and addictions. I work on an acute psychiatric unit in Guelph. In this workshop, I will lead a roundtable discussion shaped by your questions about supporting people living with mental illness. Maybe you work as a healthcare provider, or maybe you feel you

know nothing about mental illness: all perspectives are welcome. I will come equipped with lots of information and relevant resources but what we focus on will be determined by the experiences you bring as community leaders, service providers, and neighbours. Some questions we might cover: What does psychosis look like? What does it mean to be "on a form"? What is a Community Treatment Order? Should I call the police? How do I know if someone is on the right medication? What should I say to a parent whose child is struggling with thoughts of suicide? How can I avoid burnout when everyone in my community comes to me for help with their own problems? What can I do to address stigma about mental illness and addictions in my community? What should I do next: I've tried to contact everyone in Guelph to help someone and no one is doing anything? Come prepared with questions and an open mind!

## **Examining Privilege 2:50 pm**

with Alisha Arnold, Guelph Neighbourhood Support Coalition (GNSC)

Through discussion and exercises participants will look at and explore the meaning of privilege. With the intent of becoming more aware of their own as to help create more safe spaces for others.

## **Vicarious Trauma: the Impact of Working with Survivors 2:50 pm**

with Jan Klotz, Guelph Community Health Centre (CHC)

This workshop will assist participants to increase their understanding of the effect working with trauma survivors has on both their personal and professional lives, and increase awareness of the importance of developing strategies to mitigate the negative impact.

## **Racial Justice 101 2:50 pm**

with Kevin Sutton

We all want to create supportive professional environments that are free from racial discrimination. With this presentation and facilitated discussion we will look at the Ontario Human Rights Commission's policy on racial discrimination, explore how Canada's history of racial oppression has led to racial systemic bias and cognitive dissonance within society, and learn what we can do to address racism in our organizations

*Thank you to the generous support of our sponsors and facilitators!*



## **Voices of Value 2:50 pm**

**with Jasper Smith, AIDS/HIV Resources and Community Health (ARCH), Gender Intersect**

Lesbian, gay, bisexual, queer, trans, two-spirit, intersex (LGBT2Q+) people as well as people living with HIV/AIDS are two overlapping groups of people that often struggle to find services that are equipped to support their whole selves. Often, our lack of understanding creates anxiety, which can lead to mistakes, tarnished relationships, and a lack of available affirming resources. This workshop is intended to help foster awareness, competency and confidence for professionals to offer more inclusive and compassionate services. Working from a feminist and anti-oppressive framework, this session will lead individuals through statistics and data surrounding local LGBT2Q+ communities, explore some common language, and the latter half will focus on strategies for individuals and organizations. We believe that we have to be intentional about interrupting the many forms of oppression that create barriers within our communities for LGBT2Q+ people and that education is a key first step.

## **The Power of Using Harm Reduction Practices to Address Substance Use**

**with members of the WGDS Harm Reduction Working Group 2:50 pm**

Harm Reduction is a practical, effective and humane way to assist people who are struggling with substance use and/or dependence. This workshop will:

- explain the key concepts of harm reduction, and outline harm reduction practices
- discuss common myths and realities related to substance use and harm reduction practices
- share the experiences of people who have used harm reduction practices to improve their health and wellbeing

## **Islam 101 2:50 pm**

**with Sarah Sayyed, Muslim Society of Guelph**

In light of recent events and the sudden rise of Islamophobia, this session will offer a brief introduction to Islam and help educators and service providers to recognize trauma and speak out against hate, as well as implement accommodations to assist Muslims in our workplaces, schools and social services.

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