

# Agenda

## Mental Health in Motion ~ Bridging Mind and Body

Celebrating Mental Health Awareness Week

May 10<sup>th</sup>, 2012



8:30 - 9:00am	<b>Registration</b>			
9:00 – 10:30am	Keynote Speaker: Paul Gorczynski, PhD (C), MA, BHSc "Working Together: Creating the Active Communities We Need"			
10:30– 11:00am	Morning Break			
11:00 - 12:00pm	Dandelion Dance Company Performance			
12:00 – 1:15pm	Lunch Break			
<b>Session A</b> 1:15 – 2:45pm	Integrating Movement and Services	Healing Motions	Tai Chi	NIA Demo Class
2:45–3:00pm	Afternoon Break			
<b>Session B</b> 3:00 – 4:30pm	Moving Through Your Story	Movement and Form	Chris' Intro to Movement	Move. Connect. Discover.



### General Sessions

9:00am-10:30am

#### "Working Together: Creating the Active Communities We Need"

Keynote Speaker: Paul Gorczynski, PhD (C), MA, BHSc  
University of Toronto

11:00am-12:00pm

#### Dandelion Dance Company Performance

Dandelion Dance Company is a dance theatre company, which explores social issues through movement. The company's repertoire is driven by the experiences, reflections and passions of the young women, who range in age from 13 to 19, and include such topics as children's rights, poverty, authenticity, equality and inclusion. All the performance pieces are chosen, researched and choreographed by the members of the company.

# Workshop Descriptions

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### Session A Workshops 1:15pm – 2:45pm

**Integrating Movement and Services – Panel discussion**  
 This workshop will provide participants with the opportunity to hear about the use of movement and its integration in three different organizations. Each panel member will discuss the role and application of movement in the services they provide for the community. There will be time for discussion and questions. Panelists include Don Palmer (Causeway), Lisa Boulay (Rideauwood), and Denis Savard (Salus).

**Healing Motions - Connecting to self through dance with Elena Shalaev (ISMETA certified movement therapist)**  
 This workshop addresses the healing power of movement and music and how it may improve inner core, psychological and physical stability, walking flow, and connection to self. We will apply energy of tango elements and dance therapy techniques for developing a sense of balance, self-confidence, and symmetry of our body. Healing Motions will allow participants to examine how dance and movement tap into emotional and physical balance and enrich the well being. No experience necessary. Please wear comfortable shoes.

**Tai Chi with Joy Ralph**  
 This 'Easy Tai Chi' Workshop is fun and very easy to learn in one session. Although it has all the traditional tai chi elements, it uses the numbers 1-10, instead of difficult to remember tai chi forms. During the class we will incorporate breathing and stretching exercises to bring us into a calm meditative state, thus ending the session feeling tranquil and refreshed.

**NIA - (neuro integrational activity) DEMO CLASS with Shar Chowdhury**  
 Through Movement we find Health... Nia is a dance fitness program using movements from the dance arts, healing arts and martial arts. It is a joyful, barefoot boogie set to soul stirring world music from the east and west. It is a gentle workout that is designed to optimize strength and cardiovascular fitness, while integrating mind, body and spirit.

### Session B Workshops 3:00pm – 4:30pm

**Moving Through Your Story – through Playback Theatre with Paul L. Gareau, MA and Lucy Lu, MA**  
 Playback Theatre is a form of improvisational theatre in which audience members tell stories from their lives and actors reflect them back through movement, words, and music. In this workshop, participants will experience movement based activities supported through live music and learn basic playback forms in order to experience first-hand the benefits of giving and receiving stories through body and movement.

**Movement and Form - Somatics workshop with Elena Shalaev (ISMETA certified movement therapist)**  
 Relaxed body movement and good posture exude a sense of harmony and confidence. This workshop will improve your balance, composure, and stamina. Somatics and dance therapy techniques will allow participants to discover comfort and ease when walking and standing. No experience necessary. Please wear comfortable shoes.

**Chris Kelly's Intro to Movement. Causeway Wellness Program**  
 This workshop will introduce participants to the world of movement through exercise. Use physical movement to encourage health and well-being for both mind and body. You will be guided through a range of movements to introduce your body to the art of purposeful activity also known as exercise. Strength, flexibility and change can be powerful skills to learn.

**Move. Connect. Discover. With Hannah Beach**  
 Connect with oneself and others through movement in a supportive and non-judgmental atmosphere. Breaking stereotypes of what dance is and who can dance, this movement workshop will provide a safe space for those who have ever felt nervous or intimidated by dance as well as for those with previous movement experience to connect and discover together. Participants will be invited to explore self expression, communication and the relationship between our senses, our ideas and authentic movement.



# Registration Form

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Week

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<b>Name</b>			
<b>Address</b>			
<b>Phone Number</b>			
<b>Email</b>			
<b>Workshops Session A 1:15 – 2:45pm</b>	<b>Please indicate Session A workshop choices</b>	<b>1<sup>st</sup> Choice</b>	<b>2<sup>nd</sup> Choice</b>
	Integrating Movement & Services Healing Motions Tai Chi Nia Demo Class		
<b>Workshops Session B 3:00 – 4:30pm</b>	<b>Please indicate Session A workshop choices</b>	<b>1<sup>st</sup> Choice</b>	<b>2<sup>nd</sup> Choice</b>
	Moving Through Your Story Movement and Form Chris' Intro to Movement Move. Connect. Discover.		



Please mail, email or fax your registration form by April 30<sup>th</sup>, 2012 to  
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