



**SURVIVOR**

**ADVOCATE**

**EDUCATE**

**COMMUNICATE**

# **OFHSA CONFERENCE 2019**

SURVIVOR CONFERENCE - YOU'RE IN FOR FUN.....RIGHT FROM THE START

*IT'S TIME TO MEET YOUR MAKER...*

2 DAYS..... OFHSA MEMBERS..... ONE VOICE ..... SURVIVOR

GET INSPIRED:

OUTWIT – know you can take a different path

OUTPLAY – confident of new ideas

OUTLAST – knowledge is power

..... Networking opportunities to share success stories and inspire each other

..... Conference learning sessions to build knowledge and confidence to support challenges and opportunities at your Association

**ASSOCIATION HELP NEEDED** Volunteers are needed to assist in organizing Conference material for attendees, at the registration table, collecting meal tickets and meeting invited guests and dignitaries as they arrive during the course of the weekend. If you can provide assistance, please contact one of the Conference Planning Workgroup with your availability and interest.

**NIBBLES AND BIDS** All Associations are asked to donate an item for the ever-popular SILENT AUCTION on Friday night. Please discuss this opportunity with your Association. Remember to purchase your bid tickets, endeavour to OUTWIT the competition to win!

With the theme of "Survivor" we hope you leave inspired to take a different path and attempt some of the new thoughts and ideas you gain over the weekend in April!

*Your 2019 Conference Planning Workgroup*

Reasa, Nancy, Angela, Sandra<sup>2</sup>



# **OFHSA CONFERENCE 2019 INFORMATION**

- When: Friday, April 5<sup>th</sup>, 2019 to Saturday, April 6<sup>th</sup>, 2019
- Where: [HWDSB EDUCATION CENTRE](#), 20 Education Court, Hamilton, ON
- Why: Break down Barriers to Achieving 'The Best for Each Student'
- Each of us is an ADVOCATE for students  
Parents are active partners with the EDUCATION system  
Effective COMMUNICATION is critical

## **INVITE EVERYBODY**

This is a community event, designed to welcome all parents, and learn to become an advocate in your community.

**Our greatness comes when we appreciate each other's strengths, when we learn from each other, when we lean on each other.** Michele Obama

## **REGISTER NOW**

### **All Interested Attendees:**

- Complete the online or a hardcopy of the *Registration & Meal Order Form (below)*
- No registration fees, meal costs only
- You must be a registered attendee to gain entry to all events
- If you are not part of an H&S Association, please register with OFHSA directly

### **H&S Association Presidents:**

- Associations organize attendee registrations and payment using *Association Summary Form*
- Please send completed summary form with one Association cheque and be sure to include one *Registration & Meal Order Form* for each member attending

**IMPORTANT:** if you are a voting delegate for the Annual Meeting, please review OFHSA Association Voting delegate information to be sent in February mailing

### PAYMENTS

OFHSA, 51 Stuart Street, Hamilton ON L8L 1B5  
ATTN: Conference Planning Workgroup

**Registration forms and payment are to be received at OFHSA by  
MARCH 8<sup>TH</sup>, 2019**

## **ACCOMMODATIONS IN THE AREA**

Courtyard Marriott (905) 383-7772  
Best Western Premier (905) 381-9898  
Super 8 by Wyndham (289) 866-1577

As this year's Conference is held at the HWDSB, accommodations are the responsibility of each attendee. OFHSA does not have any hotel room blocks held. Book early to avoid disappointment.

# **OFHSA CONFERENCE 2019**

## **HAPPY PARENTS, HAPPY KIDS**

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Ann Douglas **Keynote**

### ***Parenting doesn't happen in a bubble.***

As parents, we can't help but be affected by what's happening in the wider world.

Is it any wonder then that so many of us are feeling anxious, guilty, and overwhelmed?

In this thought-provoking presentation, Ann Douglas highlights the broader cultural forces that have made everything about parenting feel incredibly high stakes. Then she pivots to solutions, explaining how parents have the unique opportunity to serve as agents of change in their families and their communities. Her takeaway message is clear, powerful, and potentially life changing: you can tame the anxiety, embrace the joy, and thrive alongside your kids while building a better world.



### **Bio for Ann Douglas**

Ann Douglas sparks conversations that matter about parenting. She is the weekend parenting columnist for CBC Radio and the creator of Canada's bestselling series of pregnancy and parenting books, *The Mother of All* book series. In 2019, she will be releasing a brand new book – *Happy Parents, Happy Kids* – and launching an online school for parents.

If you've already met Ann via one of her books, you know what you can expect from one of her presentations: to be inspired, informed, and entertained. Not only will she shift your thinking about parenting, she'll move you to action as well – and in a way that leaves you feeling confident and capable as opposed to anxious, guilty, or overwhelmed.

For over two decades, Canadians have turned to Ann Douglas for her reassuring, parent-proven, and never-bossy advice. This is your chance to tap into some of that wisdom.

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Ann Douglas

705-760-4444

*Sparking conversations that matter about parenting and mental health*

**Books:** [Happy Parents, Happy Kids](#) + [Parenting Through the Storm](#) + [The Mother of All](#)

**Events:** [Upcoming events](#) and [popular presentations](#)

**Web:** [anndouglas.ca](http://anndouglas.ca)

**Social:** [Twitter](#) + [Facebook](#) + [LinkedIn](#) + [Instagram](#)

**Newsletters:** [Ann-o-gram](#) + [Self-Care Buddy](#) + [The Villager](#)

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# **THE OFHSA ANNUAL MEETING**

**SATURDAY, APRIL 6<sup>th</sup>, 2019 AT 3:30 P.M.**

The 2019 OFHSA Annual Meeting is conducted in accordance with *Robert's Rules of Order*.

The meeting agenda and business procedures will be provided.

## **VOTING AT THE ANNUAL MEETING**

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OFHSA informs each Association in February of the number of votes they are entitled to at the OFHSA Annual Meeting, as determined by the number of paid memberships received at OFHSA as of December 31<sup>st</sup>, 2018.

- Voting delegate status is designated by each Association in order to represent their Association's views and ultimately set OFHSA direction and policy
- Voting delegate status will be designated on Conference name tags as indicated by the registration form
- Voting delegates will be issued an official voting card as they enter the meeting room.
- Voting delegates are expected to attend the entire meeting in order to maintain quorum

## **ANNUAL MEETING MATERIALS**

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**Designated Voting Delegates, please review:**

- Annual Meeting package from the February 2019 Association mailing that includes the Agenda, Notice of Motion re Fees, and the Resolutions & Bylaw Amendments information
- Financial Statements for the year ending August 31<sup>st</sup>, 2018
- Minutes of the 2018 OFHSA Annual Meeting from the June 2018 Association mailing

ALL 2019 OFHSA Annual Meeting documents will be available on the OFHSA Website:  
[www.ofhsa.on.ca](http://www.ofhsa.on.ca) For Members page under Conference

\*\*\*Remember that non-voting delegates can and should speak up with questions and/or comments during the discussions.

\*\*\*There is no proxy voting at the OFHSA Annual Meeting, as motions can change drastically during the discussion.



# **CONFERENCE AT A GLANCE**

## **FRIDAY, APRIL 5TH**

<b>Time</b>	<b>Event</b>
5:00 p.m.	Registration Desk
5:00 p.m. to 9:00 p.m.	<b>NIBBLES AND BIDS</b> - Hosted by H-W Council Displayers Marketplace and Silent Auction

## **SATURDAY, APRIL 6TH**

<b>Time</b>	<b>Event</b>
8:00 a.m.	Registration & Breakfast
9:00 a.m. to 10:00 a.m.	Happy Parents, Happy Kids Ann Douglas Keynote Speaker
10:10 a.m. to 11:10 a.m.	Workshop A
11:20 a.m. to 12:20 p.m.	Workshop B
12:30 p.m. to 1:30 p.m.	OFHSA Luncheon
1:30 p.m. to 2:10 p.m.	OFHSA Awards Presentation
2:20 p.m. to 3:20 p.m.	Workshop C
3:30 p.m. to 8:00 p.m.	Annual Meeting (with dinner break in the middle)
6:30 p.m. to 7:30 p.m.	OFHSA Dinner
Until 9:00 p.m.	Annual Meeting followed by Hospitality

# SURVIVOR

## 2019 OFHSA CONFERENCE

Workshop	Description
<b>COMMUNICATE</b>	
<b>Hitting The Communication Bullseye</b>	Working together to find the best way to use your words, the best tone to apply, and to deliver your message in a powerful way to engage parents in your community.
<b>Building Your Alliance</b>	Workshop presentation will focus on ideas wrapping around <i>Volunteers making a team; removing the 'vs' from any group dynamics to survive and meet community goals.</i>
<b>EDUCATE</b>	
<b>The Power Of Validation</b>	By connecting validation to brain science, along with experiential exercises, parents and caregivers will practice and be empowered to use validation as a strategy to strengthen the parent/child relationship while supporting the practice of emotion regulation.
<b>How To Survive Your Child's Education Journey</b>	Parent Engagement from day ONE. Workshop presentation focus is to build knowledge of the district school board hierarchy; know the system, be confident where to use advocacy energy.
<b>ADVOCATE</b>	
<b>Game Changers!</b>	Creating a level playing field within your community to shift the currents of change by sharing knowledge and finding ways to advocate to Schools, School Boards and the Ministry Education.
<b>How To FIND Your Voice</b>	Finding your voice in Parent Engagement roles within the Education system, and helping those in your community to learn how to advocate for individual needs of students, parents, staff and parent groups.

# 2019 OFHSA CONFERENCE MENUS

Coffee and Tea All-Day Service

## **FRIDAY WELCOME**

## **NIBBLES AND BIDS**

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Assortment of Appetizer Platters and Refreshments

## **SATURDAY BREAKFAST**

## **TRIBES**

*Hot Breakfast Buffet*

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Scrambled Eggs, Bacon, Home-made Fried Potatoes, Fluffy Pancakes, Fresh Fruit Platter

## **SATURDAY LUNCHEON**

## **TRIBAL REWARDS**

*Cold Buffet*

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Assorted Sandwiches and Wraps (Turkey, Ham & Cheese, Egg Salad, Tuna Salad, Roast Beef, Veggie)  
Caesar Salad, Potato Salad  
Assorted Cookies, Brownies and Sweet Bread  
Assorted Beverages

## **SATURDAY DINNER**

## **TRIBAL COUNCIL**

*Dinner Buffet*

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Pasta with Home-made Tomato Sauce  
Roasted Potatoes, Steamed Mixed Vegetables  
Chicken Parmesan, Roast Beef and Gravy  
Garden Salad with Home-made Italian Dressing  
Fresh Bread and Rolls with Butter  
Fruit Platter  
Assorted Dessert Platter  
Assorted Beverages





# **2019 ASSOCIATION SUMMARY FORM**

Please submit the Association Summary Form (1 per Association) with attached *Registration & Meal Order Forms*

Online form click [HERE](#)

## **Association Information**

Association Name: \_\_\_\_\_

H&S Council: \_\_\_\_\_

If the Conference Planning Workgroup has any questions, please contact

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_ Home Number  Cell Number

## **Attending**

Number of Non-Voting Attendees: \_\_\_\_\_

Number of **Annual Meeting Voting Delegates** Attending (per OFHSA): \_\_\_\_\_

Total Number of Attendees: \_\_\_\_\_

## **Meals Required**

Meal tickets **MUST** be purchased in **ADVANCE**

	# OF TICKETS	COST EACH	TOTAL COST
Friday Reception	_____	Free	
Saturday Breakfast	_____	X \$ 15.00	\$ _____
Saturday Luncheon	_____	X \$ 20.00	\$ _____
Saturday Dinner	_____	X \$ 25.00	\$ _____

**TOTAL FOR THE ASSOCIATION:** \$ \_\_\_\_\_

Send this Association Summary Form, an Association cheque and all Registration forms to:

OFHSA ATTN: Conference Planning Workgroup 51 Stuart Street Hamilton ON L8L 1B5
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**Forms must be received at OFHSA by MARCH 8<sup>th</sup>, 2019**

# **REGISTRATION & MEAL ORDER FORM**

## COMPLETE ONE FORM PER ATTENDEE

Download forms at OFHSA Website: [www.ofhsa.on.ca](http://www.ofhsa.on.ca) For Members page under Conference  
 Online form click [HERE](#)

Name:		
Address:		
Phone: (     )	First Time at Conference?	YES    NO
E-mail:		
Association:	Elementary Parent <input type="checkbox"/>	Secondary Parent <input type="checkbox"/>
Voting Delegate for Annual Meeting?    YES    NO		
<b>Workshop Choices - please choose one from each line</b>		
<b>Workshop options A (check one box)</b>	<input type="checkbox"/> Hitting the Communication Bullseye	<input type="checkbox"/> Building Your Alliance
<b>Workshop options B (check one box)</b>	<input type="checkbox"/> The Power of Validation	<input type="checkbox"/> How to Survive Your Child's Education Journey
<b>Workshop options C (check one box)</b>	<input type="checkbox"/> Game Changers!	<input type="checkbox"/> How to FIND Your Voice

<b>MEAL SELECTION</b>	Meal tickets <b>MUST</b> be purchased in <b>ADVANCE</b>		
<b>MEAL</b>	<b># OF TICKETS</b>	<b>COST EACH</b>	<b>TOTAL COST</b>
Friday Reception			
Saturday Breakfast		X \$ 15.00	\$
Saturday Luncheon		X \$ 20.00	\$
Saturday Dinner		X \$ 25.00	\$
<b>TOTAL:</b>			<b>\$</b>

**Please indicate** any dietary concerns or special requests. We will do our best to work with the venue to accommodate your requests.

If you are not part of an Association, please send a cheque (payable to OFHSA) and along with your completed Registration form to:

OFHSA  
 51 Stuart St  
 Hamilton, ON L8L 1B5

