YOU'RE INVITED

BUILDING YOUR NETWORK

C O M I N G T O G E T H E R 2 0 1 9

THE VALUE OF RELATIONSHIPS

CONFERENCES OFFERED IN ENGLISH ONLY

Free Event!

Register now at
scsottawa.on.ca/CT2019

Saturday, May 4, 2019
Free Full Day Conference

Accessible Venue
Hilton Garden Inn
Ottawa Airport Hotel
2400 Alert Rd, Gloucester, ON K1V 1S1

Program Overview

Building Community through Social Capital
By:
Al Condeluci, PhD

You Can Be Whoever You Are
By:
World-Changing Kids and Family Harmonies Familiales

Designed for individuals of all abilities age 14+
Overview

Although none of us can predict the future, we can look at ways and means to better prepare for the future by understanding the impact of friendships in our lives. Sociologists call this "social capital" and it is amazing what our relationships do for us. This session will help you think about how friendships can be better developed over time, and, in turn, build a more inclusive community.

Objectives

1. You will understand the historical development related to difference, disability, aging and other devaluing aspects
2. You will be introduced to an interdependent paradigm
3. Major elements of social capital will be overviewed
4. 4 key steps to developing more friendships will be explored

Outline

AM:
- Introduction and Overview
- What is Missing
- The Micro-Macro concept
- Health Break
- Understanding Community
- Intro to Social Capital

NOON – Lunch and Information Booths

PM:
- World Café: Concept and Guidelines
- World Café Round 1: Trigger Questions
- World Café Round 2: Conversation
- World Café Round 3: Reconciliation
- Conclusion/Adjournment

Conference Sponsor
Titan Cleaning Services Inc.
www.titancleaningservices.com
You Can Be Whoever You Are
Facilitated by World-Changing Kids and Family Harmonies Familiales
For youth and young adults 14 + of all abilities

Facilitators

Lindsey Barr
Founder, World-Changing Kids (WCK)
worldchangingkids.ca

Angèle Jodouin
Founder, Family Harmonies Familiales
facebook.com/familyharmoniesfamiliales

Overview

Note that this day will be flexible. Activities and times may change.

Welcome Circle
Fun game for meeting new friends. Whether you are shy or outgoing, this easy game helps everyone feel more comfortable and welcome.

Kindness Painting and Kindness Cards
We will prep a Kindness Painting with the words “we are all flowers from the same garden” and we will set up a painting table where each participant can add their own flower. We will then gift this painting to SCS.

We will also set up a table for participants to complete a Kindness Card to give to someone special in their life. We will provide construction paper, markers and sticker.

Ice Breaker Game #1 – One Word Story
Using an easel and flipchart paper, we will have the group write a few stories by asking everyone around the circle to add one word at a time.

Nobody’s Youer than You!
A volunteer will help you complete your “one Page Profile,” a great tool that can help people know you better at home, school, community group, or employer.

Ice Breaker Game #2 – Toot Your Own Horn
Following the “Toot Your Own Horn” worksheet, we will go around the circle and ask participants to yell out answers to the questions. We will provide each participant with a plastic kazoo and we will all “toot our horns” after every answer in celebration.

Visit this link to access the “Toot Your Own Horn” worksheet:

Lunch

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Meditation and Mindful Movement
We will have one of our friends from INNERSPACE: Modern Mindfulness Meditation come in to lead a session of meditation and mindful movement for the group.

Ice Breaker Game #3 – Charades
We will provide a number of cards to select out of a hat with easy animals to act out.

Sing Along with Family Harmonies Familiales Musicability Choir
Beautiful members of Family Harmonies Familiales (FHF) Musicability Choir will lead us in a sing along. For more info on FHF, check out their website at: https://www.familyharmoniesfamiliales.ca/

Ice Breaker Game #4 – Friendship Journal & Things We Love About You
We will give each participant a small notebook. In this notebook, they can collect names and contact info for the friends they have made during the day. We will also ask participants to write one kind thing - one thing that they love - about their friend, in each journal. So that every participant will have notes about all the things that their new friends love about them.

Friendship Necklace
We will have each participant make a beaded friendship necklace. We will then have each participant trade their necklace with a friend – making sure that everyone gets a necklace in the end.

Ice Breaker Game #5 – Pictionary
We will provide a number of cards to select out of a hat with easy items to draw. Using an easel and flipchart paper, we will have a quick game of Pictionary.

Dance Party
Celebrate a day well spent and let the rhythm move you with this super play list of awesome dance songs.