



THE HOPE ANNUAL CONFERENCE

For parents who are
concerned about their
teen or adult children

A Day of Learning and Inspiration

Saturday April 25, 2015
8:30 a.m. to 3:30 p.m.

Toronto Botanical Garden
777 Lawrence Ave. E
Toronto, Ontario

HOPE is a parent run, non -profit network of community groups offering hope, encouragement, resources and education in a safe, confidential and supportive environment.

HOPE offers support and self-help for parents who are troubled by behaviours of their teen or adult children.

www.hope4parents.ca

1-866-492-1299

For conference information,
please email
hope.conference.2015@gmail.com

HOPE - 2015 CONFERENCE REGISTRATION

COST \$ 70.00 Individual HOPE Member / \$ 100.00 per Family of 2 HOPE Members
\$ 75.00 Non Member

Advanced registration is required. Registrations must be received by Sunday, April 19

Registrations can be done online at www.Eventbrite.ca

Search tab for HOPE Conference 2015 and proceed to pay by VISA or MasterCard

OR

Submit this Conference registration form along with cash or cheque to a HOPE Group Treasurer

Name(s) _____

HOPE Member _____ x \$ 70.00 = _____

Family (Max of 2 HOPE Members in same family) _____ x \$ 100.00 = _____

Non-Member _____ x \$ 75.00 = _____

The Hope Annual Conference Agenda

- 8:30 a.m. Registration & Hearty Continental Breakfast
- 9:00 a.m. Opening Address
- 9:15 a.m. **Special Guest**
Cindy Kryzac
Mental Health First Aid Canada Instructor
- 10:45 a.m. Morning Refreshment Break
- 11:15 a.m. **Special Guest**
Dr. Steven Selchen
Lead Psychiatrist of the Mindfulness Clinic
Sunnybrook Health Sciences Centre
- 12:45 p.m. Buffet Luncheon & Early Bird Registration Prize Draw
- 1:45 p.m. **Special Guest**
Family Navigation Project
Sunnybrook Health Sciences Centre
- 2:15 p.m. Gift Basket Giveaways
Conference Conclusion
- 2:30 p.m. HOPE Member Annual General Meeting

CONFERENCE LOCATION The Beautiful Toronto Botanical Garden

The Toronto Botanical Garden is an oasis in the city with more than a dozen award-winning themed gardens that span nearly four acres.

777 Lawrence Avenue East
Toronto, Ontario

FREE GUEST PARKING



TORONTO
BOTANICAL
GARDEN

MEET THE EXPERTS

CINDY KRYSAC is a certified Mental Health First Aid Canada Instructor. Her goal is to improve mental health literacy. Cindy provides the skills and knowledge to help people manage potential or developing mental health problems in themselves, a family member or a friend.

DR. STEVEN SELCHEN is a world- renowned psychiatrist and head of the Mindfulness Clinic at Sunnybrook Health Sciences Centre. Dr. Selchen promotes innovative, evidence-based mindfulness therapies to help people cope better with stress, anxiety, and depression.

THE FAMILY NAVIGATION PROJECT at Sunnybrook Health Sciences Centre seeks to engage, inform and provide connections of support for the families of youth (ages 13-26) with serious mental health and/or addiction problems. The goal is to ensure that young people and their families receive the help they need at the right time, in the right place, and from the right people.