



YDRS Training Event

EARN CPRA LEARNING CREDITS

Date: November 22, 9 am-2:00 pm

Location: Percy Page and Online

Schedule:

9 am | Introduction ARPA

9:15-10:15 | Session 1 Tammy Schamuhn

10:30-11:30 | Session 2 Tim Adams

11:45-12:30 pm | Lunch

12:30-1:30 pm | Session 3 Wendy McDonald

1:30-1:45 | Closing Remarks

Summary

YDRS is a forum for advancing the knowledge of the contributions of recreation programs and services. It aims to provide information about children and youth development by promoting the delivery and expansion of positive development through sport, recreation, physical activity, education and general health promotion. The event attracts delegates from municipal recreation, community service departments, not for profit groups, community sports groups, public health, educational institutions and social service organizations. This training event is intended for coordinators, programmers, and supervisors and provides Canadian Parks & Recreation Association learning credits for participating in sessions. It is being offered both in person and by live stream.

The sessions are being provided in an online format and 20 seats will be available in person at Percy Page Centre (11759 Groat Road NW, Boardroom 8).

**Earn 1 Learning Credit per session*



Session Descriptions

Inclusion AB, Wendy MacDonald:

Building an Inclusive Community: An Interactive Workshop for Recreation Providers

1 Learning Credit

Presented by Wendy McDonald, Chief Operating Officer of Inclusion Alberta, together among people with developmental disabilities and their family members who will share their stories.

All children, youth and adults benefit from being involved in recreation and leisure activities. We know that participation in recreational activities is necessary for healthy development, learning and developing friendships. Having friends is an essential part to creating a good life. Yet far too many children and adults with developmental disabilities are not having the opportunity to be included in recreation. Parents may feel their child will not be welcomed or well included, particularly in competitive activities or that extra funding and staffing is required.

This interactive session will discuss and provide examples on:

- What is inclusion and why it is important
- How to create a welcoming environment
- The importance of working together with families -How to make inclusion work
- The role of the recreation provider

Being a part of recreation and leisure opportunities is vitally important for children, youth and adults with disabilities so that they may have every opportunity to develop and share their strengths and passions just as anyone would.

Bio:

Wendy is an accomplished trainer and adult educator with over 30 years' experience in staff training and leadership development. She is currently Chief Operating Officer at Inclusion Alberta.

Wendy is co-founder of an employment partnership that has been internationally recognized by the Essl Foundation and the World Future Council and its Scientific Advisory Committee exemplifying practices consistent with the UN Convention on the Rights of Persons with Disabilities after a review by a 100 disability experts of practices in 84 countries.

Wendy fundamentally believes that individuals with disabilities deserve the opportunity to participate as full contributing members of our community.

Wendy and her husband Blaine have two sons. One of whom has a developmental disability.

Free Footie, Tim Adams

Sport is broken and it's your fault

1 Learning Credit

You'd think it would be easy to just let kids play. Give them a ball and away they go. But then reality hits. You need to book a field or have a facility to play in, you need a ride to the game or to pay rising sport association fees and all kinds of insurance. All of a sudden your hunting for sponsors, doing casinos, lobbying the government and motivating an army of volunteers just to have a simple kick about. We have built a system of sport with a foundation that is utter rot and we're all paying for it. Our kids are fat, addicted to screens and would rather sit in a mall than hang on monkey bars. We need to blown up how sport is organized, funded and governed. We must start again.

Bio:

Tim Adams is an award winning journalist for CBC and community builder. 10 years he created a program called Free Footie to ensure that any kid who wants to play soccer can. Back then there were 20 kids, today there are 2000 playing in year round programming. Most kids and refugees, newcomers or indigenous. His view of sport is as a carrot for community change, whether than be transforming a rundown field into a place of pride for a derelict neighbourhood or giving a kid a sense of belonging. He has ambitious goals of expanding Free Footie to major cities across North America in time for the 2026 World Cup.

Keynote: Tammy Schamuhn

The Healing Power of Play in Treating Childhood Trauma

1 Learning Credit

Children from all walks of life are impacted by trauma in a variety of forms. This can include (but not limited to) bullying, divorce, accidents, abuse, or the witnessing of a traumatic event. Children with trauma can present significant challenges—they often display patterns of behaviour that can strain the relationship between the child and those caring for them, and their behaviours and intentions are often highly misunderstood. During this presentation Tammy will explore how utilizing play therapy (including the use of animals) can help children in moving towards growth and healing.

Bio:

Tammy is a Registered Psychologist and Registered Play Therapist. She also has a Bachelors of Education from the University of Alberta and practiced as an elementary teacher in Edmonton before going on to do her Masters degree in Psychology. She is the Founder and Executive Director of Family Counselling Centres and Co-Founder and Director of the Institute of Child Psychology.

Tammy has been working in private practice for the past six years in Alberta; primarily with children and their families with a specialization in childhood trauma. She also include animals in her therapy and have developed a canine assisted and equine assisted therapy programs. She approaches her clinical and consultative work with parents and professionals with an attachment and neurobiological lens: all of her work is based on the neurology of the brain and how attachment is integral to adaptive functioning of both children and adults.