

December 9, 2016

Click below links to scroll through document

[Professional Development Workshops:](#)

[Personal interest workshops](#)

[Fitness workshops](#)

[Professional Development Workshops:](#)

Workshop # 1: Mental Health First Aid for Adults who interact With Youth

Dates: 4 Tuesdays, Jan. 10, 17, 24, 31, 2017
Time: ***4:30-8:30 p.m. ***
Location: 181 Henlow Bay-Room A and B
Instructor: Cheryl McCombe (Acadia Vice Principal) and Carla Betker (Clinician Student Services)
Supper will be provided

Workshop # 2: Eshare: One Drive, Cleanup and Migration

Dates: Monday, January 23rd, Tuesday Feb 7, and Tuesday February 21st 2017
Time: 4:30-6:30pm
Location: 181 Henlow Bay-Training Lab
Facilitator: Cleverson Mota Pereira (Instructional Technician-IT Department)

Workshop # 3: Conversational German

Dates: 8 Wednesdays Jan. 18, 25, Feb. 1, 8, 15, 22, March 1, 8, 2017
Time: 4:30-6:00 p.m.
Location: 181 Henlow Bay-Board Room
Fee: \$20.00
Instructor: University of Manitoba Language Professor

Workshop # 4: CPR/First Aid and AED Training

Dates: 2 Mondays, Feb. 6, 13, 2017 (registering for Feb. 6 will register you for both sessions)
Time: 4:30-7:30 p.m.
Location: 181 Henlow Bay-Room A and B
Instructor: Jason McFarlane

Workshop # 5: Roots in a New Land: Supporting Students With Refugee Experiences

Date: Thursday, March 2, 2017

Time: 4:30-6:30 p.m.
Location: 181 Henlow Bay-Board Room
Instructor: Dr. Diana Turner (EAL Consultant Manitoba Education and Advanced Learning,)

Workshop # 6: **Supporting EAL Learners**
Date: Thursday Feb. 2, 2017
Time: 4:30-6:30 p.m.
Location: 181 Henlow Bay-Room C
Dr. Clea Schmidt (Associate Professor of Second language Education University of Manitoba)

Workshop # 7: **Compassion Fatigue**
Date: Tuesday, Feb. 21, 2017
Time: 4:30-6:30 p.m.
Location: 181 Henlow Bay-Room A and B
Instructor: Julie Walsh (Masters of Clinical Social Work, Aulneau Centre)

Workshop # 8: **Diversity and Inclusion**
Date: Wednesday, March 15, 2017
Location: 181 Henlow Bay-Board Room
Time: 4:30-6:30 p.m.
Instructor: Lesley Welwood-(MTS Collaborative Cultures Design Team)

Mental Health First Aid for Adults who interact With Youth

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid Canada gives people the skills to provide that early help that is so important in recovery. Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, a colleague, or a student. MHFA for Youth is a 14 hour certificate course that particularly focuses on how these mental health problems effect youth. The program does not teach people how to be therapists. It does teach people how to:

Recognize the signs and symptoms of mental health problems.

Provide initial help.

Guide a person towards appropriate professional help.

Supper will be provided

Eshare: Onedrive, Clean up and Migration:

- o **Cleanup of My Documents (~20 min):** Before moving your My Documents to OneDrive, we'll review the [Cleanup of My Documents](#) document, and take a few minutes to answer questions and start cleaning.

- **OneDrive Training** (1 hour): The [OneDrive Training](#) presentation is a hands on workshop to introduce you to OneDrive. OneDrive is your personal work space that is available anytime, anywhere you have internet.
- **Break** (~10 min)

Migration Training (~30 min): Once you have cleaned and organized the files and folders in your My Documents, the next step is Migration. This 20-30 minute presentation ([Moving My Documents](#)) gives you detailed information and tips & tricks to make migration as easy as possible

Conversational German

sprechen Deutsch? The *Conversational German* language course will provide the fundamentals of grammar, structure, and idiom – for those with little or no prior background in German. The course emphasizes development of oral communication: participants will have plenty of opportunity to practice speaking, thereby gaining the comfort level necessary for speaking fluently. Vocabulary and grammar will be considered means to further that objective rather than primary objects of study themselves. *Conversational German* takes you through practical situations such as socializing, grocery shopping, travelling, living arrangements in a German-speaking environment. Including elements of German culture (contemporary and historical) will ensure an authentic learning experience. **8 Wednesdays Jan. 18, 25, Feb. 1, 8, 15, 22, March 1, 8, 2017.**

REGISTRATION FEE: \$20.00 CHEQUES PAYABLE TO Pembina Trails School Division AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay.

CPR/First Aid and AED Training

Participants registering for the CPR/First Aid/AED Training. Participants must attend both sessions to become certified-**2 Mondays, Feb. 6, 13, 2017** The Staff Development Centre is subsidizing the full cost of this workshop **A \$50.00 value!!!**

An opportunity to become certified in CPR/First Aid/ AED (automated external defibrillator) training. The content of the course is as follows:

1. Emergency Action Plan
2. Medical Emergencies (breathing problems, heart attack, stroke, fainting, high/low blood sugar, allergies, heat and cold injuries)
3. Injuries (bleeding, wound care, burns, bone and joint injuries).
4. CPR (adult, child, infant)
5. Choking (adult, child, infant)
6. AED (adult, child)

Registrants must attend both sessions to become certified. A light snack will be provided at each session. This course meets Provincial guidelines and participants become certified for 3 years

Roots in a New Land: Supporting Students with Refugee Experiences

Developing a holistic approach to the teachers' role in meeting the educational and social-emotional needs of refugee students.

Topics: the refugee experience from a child's perspective; welcoming and assessing new students; programming approaches and supports; beyond the bell—supports outside of the classroom; community voices—what do students and families tell us?; social-emotional supports; and practical supports for students who struggle academically and emotionally.

Supporting EAL Learners

Understanding the Manitoba context and considering how evidence from research involving learners, teachers and families informs supports for EAL learners. Learn responsive classroom practices, examples from the field, programming at the school level and development of action plans. Dr Clea Schmidt is an Associate Professor of Second Language Education at the University of Manitoba. She works in the areas of educating EAL teachers and supporting the academic and social success of EAL learners.

Compassion Fatigue

Supporting others can often take a toll on us. Fostering compassion for ourselves and others helps build resiliency, preventing 'burnout'. Yet, we often feel as though our compassion is 'drained' or 'fatigued' by the daily demands and stresses within our lives. This workshop aims to provide information and tools to help foster compassion, for self and others. This workshop will look at the opportunities and consequences of working in the helping professions. With a particular focus on the impact of working with populations affected by trauma. We will identify stressors, symptoms, and signs of fatigue, as well as look at concrete strategies to enhance compassion, self-care, and reduce stress.

Diversity and Inclusion

Diversity and inclusion: The 4A's inclusivity Lens: is everyone in Focus? Participants will develop the capacity to work inclusively with diverse school communities. Topics: inclusive practices that enhance access, agency, advocacy, and solidarity action, privilege and power.

Personal Interest Workshops:

Workshop # 9: Retirement Paycheque/Wills and Estate Planning
Date: Tuesday, Jan. 31, 2017
Time: 4:15-5:30 p.m.
Location: 181 Henlow Bay-Board Room
Presenter: Andrew McGrath-Division Director, Investors Group

Workshop # 10: Knitting for Novices
Date: 3 Mondays, Jan. 30, Feb. 6, Feb. 13, 2016
Time: 4:30-6:30 p.m.
Location: 181 Henlow Bay-Room C/Feb. 6-Training Lab
Registration Fee: \$15.00
Instructor: Tanya Pankiewich (Executive Assistant Henlow Bay)

Workshop # 12: Batch Cooking
Date: Tuesday, Feb. 8, 2017 New Recipes!!
Time: 6:00-8:00 p.m.
Location: Vincent Massey Collegiate-975 Dowker Ave
Instructor: Sarah Cahill and Amanda Nash (Registered Dietitians)
Registration Fee: \$15.00

Workshop # 8: Engaging Fusion-Acrylic Paint

Dates: 4 Thursdays, Feb. 9, 16, 23, March 2, 2017
Time: 4:30-6:30 p.m.
Location: Henry G. Izatt-960 Scurfield Blvd
Registration Fee: \$15.00
Instructor: Susan Pearn

Retirement Paycheque/Wills and Estates

Do You Know Exactly How Much Money You Will Require To Retire Comfortably And Remain Comfortably Retired ?

**** NEW Changes to CPP, OAS and Pension Plans** CREATING THE CASH FLOW YOU NEED**

Knitting for Novices

Tanya will teach you the basics of knitting and how to make a dishcloth in a couple of evenings! Participants will receive knitting needles and yarn to call their own after the classes are done. **3 Mondays, Jan. 30, Feb. 6, Feb. 17, 2016. REGISTRATION FEE: \$13.00 CHEQUES PAYABLE TO Pembina Trails School Division AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay.**



Batch Party: Batch Cooking

Learn to transform batch cooking away from the typical casserole or soups as we work together to create delicious healthy dishes that you will want to include in your weekly rotation. Discover recipes with multiple uses that you can easily double or triple and freeze. **Don't forget to bring a plastic container for your leftovers!!** REGISTRATION FEE: \$15.00 CHEQUES PAYABLE TO Pembina Trails School Division AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay.

Engaging Fusion-Acrylic Paint

The focus of this workshop will be Still Life using Acrylic Paint as well you will be introduced to several other mediums that you can experiment with. Feel free to bring in anything that interests you. All of the supplies will be in the art room when you arrive. Sue has had many years at the School of Art, University of Manitoba, and has her own art practice which has given her the freedom to work in many media, e.g. collage, instillation, ice, performance, to name a few. She also has worked with students and staff in the Inner City for years with the Systema program. REGISTRATION FEE: \$15.00 CHEQUES PAYABLE TO Pembina Trails School Division AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay.



Fitness Workshops:

Workshop # 1: Stay Fit With Us

Dates: 8 Mondays, Jan. 16, 23, 30, Feb. 6, 13, 27, March 6, 13, 2017
Time: 4:30-5:30 p.m.
Location: Pacific Junction School-Large Gym
Registration Fee: \$24.00
Instructors: Connie Brezden and Kendra Patterson (Certified Fitness Leaders)

Workshop # 3: Yoga-Beginners and Beyond

Dates: 8 Mondays, Jan. 16, 23, 30, Feb. 6, 13, 27, March 6, 13, 2017
Time: 4:30-5:30 p.m.
Location: Bairdmore School-700 Bairdmore Blvd
Registration Fee: \$24.00
Instructor: Andrea Robin (Certified Yoga Instructor and Reiki Master)

Workshop # 4: Iyengar Yoga

Dates: 9 Tuesdays, Jan. 17, 24, 31, Feb. 7, 14, 21, 28, March 7, 14, 2017
Time: 4:30-5:30 p.m.
Location: Pacific Junction-Mini Gym
Registration Fee: \$27.00
Instructor: Holly Alegro (Certified Yoga Instructor)

Workshop # 5: MELT Hand and Foot Class (revised)

Dates: 8 Wednesdays, Jan. 25, Feb. 1, 8, 15, 22, March 1, 8, 15, 2017
Time: 4:30-5:30p.m.
Location: 181 Henlow Bay-Training Lab
Instructor: Meghan Oliver (MELT Hand and Foot instructor)
Fee: \$30.00

Workshop # 6: Winter Fitness

Dates: 8 Thursdays, Jan. 19, 26, Feb. 2, 9, 16, 23, March 2, 10, 16, 2017
Time: 4:15-5:15 p.m.
Location: Bairdmore School-700 Bairdmore Blvd
Registration Fee: \$24.00
Instructor: Jane Braun (Certified Fitness Trainer)

Workshop # 7: Tai Chi

Dates: 9 Tuesdays Jan. 24, 31 February 7, 14, 21, 28, 7, March 7, 14, 2017

Location: Bairdmore School-700 Bairdmore Blvd

Registration Fee: \$30.00

Instructor: Tudy Ens-Accredited Instructor- Fung Loy Kok Taoist Tai Chi

Stay Fit With Us

If you want an awesome resistance training workout with two Certified Fitness Leaders, then come Stay Fit with Us! All classes will offer an energizing warm-up, followed by a full body workout consisting of strength and resistance exercises with a blend of cardio, and ending with a relaxing stretch and cool down. Please bring your own fitness mat, and wear comfortable, fitness clothes and indoor shoes. **8 Mondays, Jan. 16, 23, 30, Feb. 6, 13, 27, March 6, 13, 2017** REGISTRATION FEE: \$24.00. CHEQUES PAYABLE TO Pembina Trails AND SENT TO Carol Anderson @THE HENLOW ADMIN OFFICE. 181 Henlow Bay.

Yoga Beginners and Beyond

This Yoga class is for everyone!! This will be an engaging and challenging classes, characterized by the flowing sequence and the connection of breath to movement. ANYONE CAN DO IT! Please bring your own Yoga mat to each class as well as something warm to cover with for the last pose (fleece jacket/blanket). **8 Mondays, Jan. 16, 23, 30, Feb. 6, 13, 27, March 6, 13, 2017** REGISTRATION FEE: \$24.00. CHEQUES PAYABLE TO Pembina Trails AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay.

Iyengar Yoga

A balanced mix of building strength and flexibility, while learning breathing techniques to relax and calm the mind. Keeping your own fitness level in mind, poses may be adapted to your unique body. Bring your own Yoga mat (can be purchased at Winners/Super Store, etc.) Flat foam blocks, wooden block and belt will be available at the first class to purchase at cost. If you already have props, bring them to class. SUITABLE FOR ALL LEVELS. Wear comfortable, stretchy clothes. **9 Tuesdays, Jan. 17, 24, 31, Feb. 7, 14, 21, 28, March 7, 14, 2017** REGISTRATION FEE: \$27.00. CHEQUES PAYABLE TO Pembina Trails AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE

MELT Hand and Foot Class (revised)

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. Come to a MELT Hand and Foot Treatment Class and discover how the connective tissue in your body gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement. **8 Wednesdays, Jan. 25, Feb. 1, 8, 15, 22, March 1, 8, 15, 2016.** REGISTRATION FEE: \$30.00. CHEQUES PAYABLE TO Pembina Trails AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay

Winter Fitness

This class has it all!!! It includes a mixture of yoga and pilates, yoga to relax, rejuvenate and improve balance, pilates to improve posture, increase core strength, lengthen and strengthen muscles, a section on Strength and stretch: stretching and strengthening exercises for upper and lower body, Cardio and weights: a mixed bag of cardio workouts and Cardio box, boot camp, interval.

Come Join Jane Braun, Certified Fitness instructor who has years of experience with the City of Winnipeg Leisure classes. **8 Thursdays, Jan. 19, 26, Feb. 2, 9, 16, 23, March 2, 10, 16, 2017** REGISTRATION FEE: \$24.00. CHEQUES PAYABLE TO Pembina Trails AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay

Tai Chi

Learn this Ancient art! In this 8 week session you will learn a complete taiji set, it can be a life changing experience extending to all aspects of your daily life. The benefits of taiji, to name a few are: improved balance, concentration, co-ordination, flexibility and endurance. Over time and through diligent practice, you can reduce stress, increase bone density, lower blood pressure, and improve your interpersonal skills by becoming more resilient, more tolerant, more forgiving and more confident. Just bring soft soled shoes and loose clothing. **8 Tuesdays Jan. 24, 31 February 7, 14, 21, 28, 7, March 7, 14, 2017** . REGISTRATION FEE: \$24.00 CHEQUES PAYABLE TO Pembina Trails AND SENT TO Carole Anderson @ THE HENLOW ADMIN OFFICE. 181 Henlow Bay

Mental Health First Aid for Adults who interact With Youth

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Instructor: Cheryl McCombe (Acadia Vice Principal) and Carla Betker Clinician Student Services)

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The program does not teach people how to be therapists. It does teach people how to:

Recognize the signs and symptoms of mental health problems.

Provide initial help.

Guide a person towards appropriate professional help.

Supper will be provided

Registration Procedure:

- Log in at <http://ptsdpdevents>
- Browse the calendar for the date and select the noted workshop Registering for Jan. 10th will register you for all 4 sessions
- Select<<Register for this session>> to complete registration
- You will receive confirmation via email of your status

Conversational German

Dates: 8 Wednesdays Jan. 18, 25, Feb. 1, 8, 15, 22, March 1, 8, 2017
Time: 4:30-6:00 p.m.
Location: 181 Henlow Bay-Board Room
Fee: \$20.00
Instructor: University of Manitoba Language Professor

CONVERSATIONAL GERMAN LANGUAGE COURSE

sprechen Deutsch? The *Conversational German* language course will provide the fundamentals of grammar, structure, and idiom – for those with little or no prior background in German. The course emphasizes development of oral communication: participants will have plenty of opportunity to practice speaking, thereby gaining the comfort level necessary for speaking fluently. Vocabulary and grammar will be considered means to further that objective rather than primary objects of study themselves. *Conversational German* takes you through practical situations such as socializing, grocery shopping, travelling, living arrangements in a German-speaking environment. Including elements of German culture (contemporary and historical) will ensure an authentic learning experience.

LEARNING OUTCOMES

At the end of this course, you should be able to:

1. Introduce yourself, your friends and family
2. Discuss countries and languages
3. Go shopping (groceries, numbers)
4. Discuss living arrangements
5. Describe basic situations
6. Participate in basic conversation
7. Write basic sentences

Registration Procedure:

- Log in at <http://ptsdpdevents>
- Browse the calendar for the date and select the noted workshop Registering for Jan. 18th will register you for all 8 sessions
- Select <<Register for this session>> to complete registration
- You will receive confirmation via email of your status