



# youth as leaders



**TRANSITIONS CONFERENCE 5**  
**May 31 and June 1, 2010**

The power to change your world is within reach. Preparing for life as an adult can be tricky. Equipping yourself with the necessary skills and knowledge will make the transition much smoother. If you want to be ready for the future, create positive change in your life and participate actively in your community, the Youth as Leaders workshop is for you!

Along with gaining skills, exploring social issues and learning the real benefits of being prepared for adult life, you'll create friendships, have some laughs and make memories that'll last a lifetime.

**By participating in Youth as Leaders, you will:**

- Share your story and experiences
- Learn from others about the experience of growing up with a disability
- Develop a game plan for a successful future

Who: Youth between the ages 16 – 29

Where: Bloorview Kids Rehab

**Any questions? E-mail [transitionsconference@bloorview.ca](mailto:transitionsconference@bloorview.ca)**

Transitions Conference 5  
Bloorview Kids Rehab  
150 Kilgour Road, Toronto, Ontario, M4G 1R8  
Phone: 416-425-6220 Ext. 3645 Fax: 416- 424-3843  
Toll Free: 1-800-363-2440 Ext. 3645

**What's happening Monday Night?  
THE SOCIAL EVENT!**

**Enjoy one of Toronto's main attractions!**  
Cheer on the Blue Jays as they play the Tampa Bay Rays at the Rogers Centre. Tickets are \$22.

**Not a baseball fan? But still want to hang out?**  
Grab some grub at Wayne Gretzky's restaurant for dinner where you'll have a chance to chat with youth delegates. Order from the menu. Cost depends on what you order.

*Hosted by Bloorview's Youth Advisory Council*

**Check out [www.bloorview.ca](http://www.bloorview.ca) for more information on the Youth as Leaders Forum, exciting social event and hotel and transportation details.**

# Program Session Descriptions



## Monday May 31, 2010

	<h2>Monday May 31, 2010</h2>
9:00 to 10:00	<b>Mix &amp; Mingle</b> - Grab a java and casually ease your way into the forum
10:00 to 10:50	<p><b>D2A &amp; Life Stages</b> <i>Dawn Lunan &amp; Antonia Hammer, Ontario March of Dimes</i></p> <p>Door2Adulthood is an online resource for youth with disabilities transitioning to adulthood. In this interactive session, a demonstration of the website will show how it supports transition by providing information about services, resources and events. You will have the opportunity to network and share ideas.</p>
11:00 to 11:50	<p><b>Creative Arts</b> <i>Spiral Garden Artists, Bloorview Kids Rehab</i></p> <p>Spiral Garden, an art and nature program, creates an environment where everyone's imagination and abilities are showcased. Artists will lead you through an hour of creativity, imagination and exploration using traditional and non-traditional art materials. You will have the chance to think outside the box and explore the Spiral Garden.</p>
12:00	LUNCH
1:00 to 1:50	<p><b>Finding a Job &amp; Keeping It</b> <i>Mazemaster Youth@bilities</i></p> <p>Learn more about how to prepare for the workforce and successfully find employment to suit your needs.</p> <p>OR</p> <p><b>Get Involved! Volunteer!</b> <i>Ontario March of Dimes</i></p> <p>Learning new skills while having fun! Find meaningful ways to get involved in your community. Volunteering is a great way to meet new friends, gain new skills and contribute to your community. This workshop will help you understand how to find opportunities that suit your needs and interests.</p>
2:00 to 2:50	<p><b>So, you want to go to College or University?</b> <i>Nadia Niles Campbell &amp; Sara Diederich, Bloorview Kids Rehab</i></p> <p>Come and find out how to research and access academic and physical supports available on campus. A panel of post-secondary transitions experts will offer a brief presentation on preparing for post-secondary education, and will be on hand to answer your questions.</p> <p>OR</p> <p><b>Top Tips for Well-being</b> <i>Amy McPherson, Bloorview Kids Rehab</i></p> <p>Find out how to feel good and stay well. What does being "healthy" mean to different people? In this session, you will develop strategies for keeping mind and body in first-class condition through the years ahead.</p>
3:00 to 3:50	<p><b>Sexuality and Self-Esteem</b> <i>Lynda Roy, Sexability</i></p> <p>We are all sexual beings. This workshop will explore the impact of our sense of self and self-esteem on our relationships and our sexuality. Myths and stereotypes will be examined; body image and sexual identity will be discussed.</p> <p>OR</p> <p><b>Professional Boundaries</b> <i>Maria McDonald, Bloorview Kids Rehab</i></p> <p>The relationships you have with your health care team are important. Sure, they are friendly, but are they your friends? Explore professional boundary issues through the use of scenarios in this interactive workshop.</p>

# Program Session Descriptions



## Tuesday June 1, 2010

9:00 to 10:00	<b>Mix &amp; Mingle</b> - Grab a java and casually ease your way into the forum
10:00 to 10:50	<p><b>Moving Out</b></p> <p><i>Elaine Gunaratne &amp; Hazel Self, GAGE Transition to Independent Living, West Park Hospital</i></p> <p>This session will give you a chance to talk to young adults who have moved out into different types of independent living housing options. They will share their experiences and answer your questions about preparing for independent living.</p> <p>OR</p> <p><b>Sexuality and Sexual Health</b></p> <p><i>Lynda Roy, Sexability</i></p> <p>What your parents haven't told you yet and what your peers don't know. This interactive workshop will provide you with the opportunity to talk about important sexual health information and have your questions on sex and sexuality answered.</p>
11:00 to 11:30	<p><b>I Need a Family Doctor</b></p> <p><i>Andrea Lauzon, Bloorview Kids Rehab</i></p> <p>Do you have a primary health care provider? What is a primary health care provider? And how can I find one? This workshop will answer these questions and provide ideas on how to find a family physician or a nurse practitioner to support your physical and medical health.</p> <p>OR</p> <p><b>The Online Social Scene</b></p> <p>Do you use the internet to chat and keep in touch with friends? This session will explore online networking sites and tools highlighting the benefits and risks of the web world.</p>
11:30 to 1:30	<p><b>Join Transition Conference 5 delegates for Lunch at the CNIB.</b></p> <p><i>Speaker: Spencer West talks about overcoming obstacles with humour and humility.</i></p>
2:45 to 4:45	<p><b>Let's Get Active</b></p> <p><i>Ontario Wheelchair Sports Association &amp; ParaSport Ontario</i></p> <p>There are adapted sport opportunities available for every age and every ability level. This is your chance to try out adapted sports including wheelchair basketball, wheelchair tennis, wheelchair curling, athletics racing, boccia ball and roller sledge hockey. We're down in the gym for this interactive session that is sure to get everybody active for life!</p>
4:45 to 5:00	<b>Forum Farewell!</b>



## REGISTRATION FORM

To register online, visit [www.bloorview.ca](http://www.bloorview.ca)

Monday, May 31 and Tuesday, June 1, 2010

### Mail or Fax this form to:

Youth as Leaders – Transitions Conference 5  
Bloorview Kids Rehab  
150 Kilgour Road, Toronto, ON, M4G 1R8  
Fax: 416-424-3843

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

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province / State: \_\_\_\_\_ Country: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**PROGRAM SESSIONS:** Check out the program session descriptions on the opposite page. For timeslots with more than one session, please indicate which session you would like to attend.

### Monday, May 31, 2010

- Y1 10:00 D2A & Life Stages
- Y2 11:00 Creative Arts
- Y3 1:00 Finding a Job & Keeping It OR  Y3A Get Involved! Volunteer!
- Y4 2:00 So, you want to go to College or University? OR  Y4A Top Tips for Well-Being
- Y5 3:00 Sexuality & Self Esteem OR  Y5A Professional Boundaries

### Tuesday, June 1, 2010

- L1 10:00 Moving Out OR  L1A Sexuality & Sexual Health
- L2 11:00 I Need a Family Doctor OR  L2A The Online Social Scene
- L3 2:00 Let's Get Active

Do you require assistance to participate at Youth as Leaders? Yes  No

Do you require assistance with personal care? Yes  No

If yes to either question, please explain:  
\_\_\_\_\_  
\_\_\_\_\_

Do you use a mobility device? Yes  No  If yes, what do you use?  
\_\_\_\_\_

### MEALS AND SOCIAL EVENTS:

Please indicate if you will be attending any of the following:

- Monday Lunch     Tuesday Lunch     Monday Blue Jay Game     Monday Dinner Out

Please indicate any dietary needs:  
\_\_\_\_\_  
\_\_\_\_\_

**REGISTRATION FEES:** \$50 (includes all sessions, lunches and snacks)  Blue Jay Game \$22

**METHOD OF PAYMENT**  VISA     Master Card     American Express     Cheque     Money Order

Name on Credit Card (please print): \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Please make cheque payable to Bloorview Kids Rehab: Transitions Conference 5