

Sponsors

The Conference Planning Committee extends their appreciation to the following sponsors:



BREAK THE BARRIER.CA

End Stigma. Change Lives.

Key Note Speaker

Jay Semko, Singer / Songwriter

Jay Semko is known internationally as singer/bassist with multiple JUNO Award nominees and Western Canadian Music Hall of Fame members The Northern Pikes, and as an award winning music composer for numerous film and TV productions, including the syndicated series, "Due South". He is considered one of Canada's premiere singer/songwriters, with 10 solo albums released, and has co-written and recorded with many of the best songwriters and musicians in music. Jay has recently released a new solo album, entitled "Never Sent" - a collection of 10 new songs, and in June 2018 he and the other members of the Northern Pikes were presented with the SOCAN Classic Award for their single "She Ain't Pretty" receiving over 100,000 plays on Canadian radio. Jay continues to tour across Canada with the Northern Pikes and as a solo acoustic artist, sharing his songs, stories and adventures from his life in music, as well as his personal journey. For more information about Jay go to www.jaysemko.com



Friday, May 3, 2019

8:30 a.m. – 4:00 p.m.

Travelodge Hotel

106 Circle Drive West Saskatoon

Jay Semko

Singer / Songwriter

More information is available on our website:

www.livingwithmentalillnessconference.ca

or contact Caroline Schuett

caroline.schuett@saskhealthauthority.ca

Conference Agenda

8:30am – 9:00am	Check-in
9:00am – 9:15am	Welcome
9:15am – 10:30am	Family Panel Schizophrenia Society Partnership Program: Stories of Recovery for Mental Illness
10:30am - 10:45am	Break
10:45am – 12:00pm	Keynote Speaker: Jay Semko
12:00pm – 1:00pm	Lunch
1:00pm—1:20pm	Presentation: Family Program
1:20pm—1:30pm	**Change rooms
1:30pm – 2:30pm	Breakout Session 1
2:30pm—2:45pm	**Change rooms
2:45pm – 3:45pm	Breakout Session 2
3:45pm – 4:00pm	Wrap up and Evaluations

Child & Adolescent Sessions

Adolescent Session

1pm to 4pm Ages 13-18

For more info: hillary.wand@saskhealthauthority.ca

When someone has a mental illness, it can mean many different things. When family members, friends, or people you care about suffer from a mental illness there can be a lot of changes in their lives that can affect you. Family members or friends may seem different, but that does not mean they don't care about you.

Some of what may be covered:

- ⇒ What about me? Exactly! You have your own stuff to deal with. Taking care of yourself is important—we have some ideas—“please share yours”
- ⇒ When should I ask for support and where should I go to get it?
- ⇒ Learn more about different mental illnesses
- ⇒ Meet others who are in similar situations
- ⇒ Share what has worked for you and find out what has been helpful for others.

No fee—Snacks provided!

Child Session

1pm to 4pm Ages 9-12

For more info: Christina.tarko@saskhealthauthority.ca

Children may have many questions and worries when someone in their family has a mental illness. They may ask, “Did I do something wrong?” Or, “Will I catch it?” This session will help children between the ages of 9 and 12 find answers to some of these questions.

Children will learn about mental illness using workbooks, games, and talking. Part of the afternoon will be spent discussing feelings and developing a variety of coping skills.

Adult Session

1:30pm Breakout Session 1

Anxiety Disorders
Schizophrenia
Depression
Concurrent Disorders
Bipolar Spectrum

2:45pm Breakout Session 2

Anxiety Disorders
Personality Disorders
Depression

Registration

All registrations are to be completed online at:

www.livingwithmentalillnessconference.ca

Then click on the Registration button

Registration Fees:

Adult Session (includes lunch)	\$60
Child or Adolescent Sessions	Free

All participants must be registered in advance.

Deadline to register is Sunday, April 28, 2019



lwmic

Instagram



us on Facebook.

Living With Mental Illness Conference