

# Fundamentals for a Bright Future: Building Resilient Families

*“Out of adversity comes opportunity.”*

- Benjamin Franklin

The past two years have presented some unique challenges to our families and to our communities - but with every challenge comes an opportunity to learn, grow, and ultimately build a brighter future.

[Join us](#) on **Tuesday November 30th from 7:00pm – 8:00pm EST** for this virtual family-focused event that will explore and define current mental and physical health challenges for people in all stages in life. After exploring these challenges, an interactive panel of local experts will provide attendees with practical, proactive tools to support resilience and positive coping skills.

Attendees will be provided with information and resources to:

- Successfully cope with stress and anxiety
- Learn strategies to re-engage and re-connect, at home and at work or school
- Understand brain development and its understated role with our youth's mental health challenges

[Register today](#) and take the first step towards building a resilient family - and a brighter future.

[www.ccfowr/speaker-series](http://www.ccfowr/speaker-series)

## Event Agenda:

Welcome & introduction from host, [Jim Moss](#)

**Managing Anxiety:** fireside chat with host, Jim Moss & [Funke Oba](#)

**How the Brain Works:** presentation from [Wanda Kampijan](#)

**Building Resilience:** with host, Jim Moss & [Gloria Lasovich](#) & [Tonya Beattie](#)

Bringing it all together & takeaways

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## **Our Host:**

### **Jim Moss, Executive Director, YMCA WorkWell**



Jim Moss is a former gold-medal winning, professional athlete, and has been inducted into four different Halls of Fame for sports and business. He is a top-rated public speaker, was named Canadian Business Magazine's Innovator of the Year in 2016 and has been profiled in media around the globe including The Wall Street Journal and Harvard Business Review.

Jim holds a deep understanding and respect for behavioural sciences, data collection, and applied research and pairs that with a unique combination of skills allowing him to communicate with everyone from kindergarten students to CEOs. He has a particular talent for making otherwise complicated subjects simple to understand and approachable. These talents support him on his personal mission to improve people's health and happiness wherever they work, learn, or play.

Jim Moss is the Executive Director of YMCA WorkWell, a new initiative by the YMCA of Three Rivers focused on fostering workplace well-being. YMCA WorkWell works with businesses and organizations across North America helping them collect employee feedback, interpret insights, and create lasting positive changes for their workforce.

## **Managing Anxiety**

### **Funke Oba, Assistant Professor, Ryerson University**



Funke Oba, a faculty member at Ryerson University, School of Social Work, has PhD and Master of Social Work Degree from Wilfrid Laurier University and her Social Work practice spanned Child Welfare, Violence Against Women and Field Education. Teaching at few Canadian universities while completing her doctoral studies, she incorporated decolonizing literature to redesign courses, and co-designed the Intercultural Social Work Practice course by building on Wilfrid Laurier University's Intercultural Teaching Certificate course.

Her research interests include Black youth asset-based engagement, Afrocentric praxis, North-South collaborations and the scholarship of teaching and Learning. She supervises graduate students in Canadian universities, facilitates diversity and anti-racism training for groups and organizations, loves to teach and mentor students and has received Wilfrid Laurier Teaching University's Excellence Award. Dr. Oba is a fellow of Carnegie Foundation, and the Tshepo Institute for the study of Contemporary Africa, board member of Black Lives Matter, Waterloo, past president of the African Canadian Association of Waterloo Region, affiliate of YouthRex hub at York University. Dr. Oba is the founder of Community Academic Reciprocal Engagement (CARE) for Black youth and an anti-Black racism educator committed to demystifying blackness.

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## How the Brain Works

### **Wanda Kampijan, Community Connector First 2000 Days for the YMCA of Three Rivers and EarlyON Waterloo Region**



Community Connectors work to increase understanding of the importance of the first 2000 days of a child's life by connecting with parents in spaces such as; special events, grocery stores and health care clinics and linking them with existing programs and services that provide information, early intervention and continuing supports throughout the parenting journey.

Community Connectors build knowledge and capacity for referral of key stakeholders (health care, service providers) regarding continuum of services in the community to support a child's first 2000 days.

Wanda completed Alberta Family Wellness Initiative's Brain Story certification in 2018 and is part of the Canadian Centre for Substance Use and Addiction's Brain Builders Lab; a national strategy that aims to "spread and embed brain science into program, practice and policy across Canada".

She is lead convenor of the Parenting Alliance of Waterloo Region and a member of the Early Learning and Literacy Alliance of Waterloo Region.

Wanda Kampijan has 31 years of parenting experience, raising 3 unique individuals. She has been supporting parents and caregivers in connecting to services and activities that promote healthy child development in Waterloo Region since 2002.

## Building Resilience

### **Gloria Lasovich, Principal (Ret), WRCD SB**



Gloria Lasovich is a recently retired principal with the Waterloo Catholic District School Board. Over her 30-year educational career, she has taught many different grades and in elementary schools across Cambridge, Kitchener, and Waterloo. Having great mentors and her positive teaching experiences led her to become an administrator, where she was for the last 13 years of her educational career.

In her last school, she, along with her staff and students, implemented The Umbrella Project Program – a well-being curriculum that nicely aligns with the already existing Ontario curriculum. When Gloria retired from the school board, she joined The Umbrella Project team where she currently is the Head of School Programs.

She enjoys speaking to administrators and school teams about the value of having The Umbrella Project in their schools. She supports all Umbrella Project Schools across Canada in successfully implementing this awesome program for their students, staff, and school communities. Gloria is a mother of three children who attended schools in the Waterloo Catholic District School Board.

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## Building Resilience

**Tonya Beattie, Counsellor & Registered Social Worker, Calming Tree Counselling**



Tonya Beattie is a counsellor and registered social worker with a Master's degree in Social Work. Tonya received her Bachelor of Social Work degree from the University of Waterloo before pursuing her Master of Social Work degree from the University of Windsor. In addition to her education, Tonya is an upstanding member of the Ontario College of Social Workers and Social Service Workers (OCSWSSW) and the Ontario Association of Social Workers (OASW).

With over 15 years of experience, Tonya has worked with Individuals and Couples of all ages. Tonya has experience in supporting clients impacted by mental health concerns, mood disorders, family conflict and relationship issues, neglect and child abuse, domestic violence, and addiction struggles. Tonya incorporates cognitive behavioural and solution-focused therapy while tailoring her therapeutic approach to the client's needs.

Tonya is a genuine, caring, and insightful professional who creates a safe therapeutic space in which to foster self-awareness, personal growth and transformation. Her aim is to provide short-term solutions while simultaneously dealing with root causes to facilitate and support long-term healing.