

# 3<sup>rd</sup> Annual 22q11 DS Family Conference – Theme “Inside Out”

Saturday November 12 - Sunday November 13

## Saturday

**9:00 – 9:40 Registration and Child Care Drop-off**

**9:40 – 9:50 Welcoming Remarks:** Christine MacDonald & Lorraine Sutherns

**9:50 – 10:30 Joint Symposium**

- Disability Financial Resources, Nikki Mulvihill (25 minutes)
- Applying for the Disability Tax Credit & Chronological Timeline, Megan Henze (15 minutes)

**10:30– 10:45 Refreshment Break**

	Parents of Children with 22q11 DS	Parents of Teens/Young Adults with 22q11 DS	Teens with 22q11 DS (12 to 17) Young Adults with 22q11 DS (18-25) 2 Streams will be available
10:45 – 11:15	<b>Mental Health &amp; Your Child – Tools, Strategies &amp; Resources</b> Presenter: Claire De Souza	<b>Social Media &amp; Internet Safety</b> Presenter: Miriam Granger	<b>Understanding 22q11 DS – what it means for you</b> Presenter: Cheryl Cytrynbaum 12-17 years Presenter: Andrea Shugar 18-25 years
11:15 – 11:45	<b>Promoting Social Success in Children</b> Presenter: Irene Drmic	<b>Importance of Nutrition and Exercise</b> Presenter: Megan Morrison	<b>Social Media &amp; Internet Safety</b> Presenter: Miriam Granger 12-17 years <b>Post-Secondary Options and Finding the Right Job for You</b> Presenter: Megan Henze 18-25 years
11:45 – 12:15	<b>Teaching Strategies For Common Learning Challenges Associated with 22q</b> Presenter: Elisabeth Saunders	<b>Mental Health &amp; Your Teen – Tools, Strategies &amp; Resources</b> Presenter: Claire De Souza	<b>Becoming Your Own Advocate</b> Presenter: Lisa Palmer 12-17 years <b>Social Media &amp; Internet Safety</b> Presenter: Miriam Granger 18-25 years

**12:15 – 1:20 Lunch Together in the SickKids Atrium Terrace**

- Ms. Mulvihill will be available over the lunch hour to answer questions
- Camp Kodiak representative available for questions

	Parents of Children with 22q11 DS	Parents of Teens/Young Adults with 22q11 DS	Teens with 22q11 DS (12 to 17) Young Adults with 22q11 DS (18-25) 2 Streams will be available for certain topics
1:20 - 1:35	<b>Concepts of Personal Boundaries, Respect &amp; Consent</b> Presenter: Lisa Palmer		<b>Nutrition, Exercise &amp; You!</b> Presenters: Megan Morrison
1:35 – 2:10			
2:10 – 2:45	<b>Parent Workshop – Amy Baskin - Give Yourself a Break - staying strong, centered and connected</b>		<b>Healthy Relationships</b> Presenter: Lisa Palmer 12-17 years <b>Relationships and Dating for teens and young adult</b> Presenter: Miriam Kaufman 18-25 years
2:45 – 3:00	<b>Refreshment Break</b>		
3:00 – 4:10	<b>Parent Workshop – Amy Baskin - Give Yourself a Break - staying strong, centered and connected</b>		<b>Transition Group for Teens</b> Presenter: Khush Amaria & Orla Walsh Good 2 Go Transition Program <ul style="list-style-type: none"> <li>● Icebreaker</li> <li>● Transition Jenga</li> <li>● Timelines</li> <li>● Role Play</li> <li>● MyHealth Passport</li> <li>● The Dalglish Family 22q Clinic</li> </ul>
4:10 - 4:45	<b>Sibling Relationships Panel Discussion</b> Facilitator: Cheryl Cytrynbaum Participants: Jacob Sutherns, Campbell Filer, Jordan Ruitter & Jessica Wright		<b>My Journey with 22q</b> Presenter: Robin Klein Facilitator: Andrea Shugar

**4:45 – 4:55 Closing Remarks - end of day one**

**6:00 – 9:00 3<sup>rd</sup> Annual 22q11 DS Family Conference Social Event**

# 3<sup>rd</sup> Annual 22q11 DS Family Conference – Theme “Inside Out”

Saturday November 12 - Sunday November 13

## Sunday

**8:45 – 9:15 Registration and Child Care Drop-off**

**9:15 – 9:20 Recap and Introduction:** Christine MacDonald & Lorraine Sutherns

**9:20 - 9:40 The 22q Clinic -** International Role in Research, Role of Genetic Counsellor and Transitioning, Andrea Shugar

**9:40 – 9:55 My Life with 22q:** Robin Klein

	Parents of Children with 22q11 DS	Parents of Teens/Young Adults with 22q11 DS	Teens with 22q11 DS (12 to 17) Young Adults with 22q11 DS (18-25) 2 Streams will be available
9:55 – 11:15	<b>Opportunity to Share Strategies and Successes</b> Informal Group Discussion Facilitator: Cheryl Cytrynbaum	<b>Opportunity to Share Strategies and Successes</b> Informal Group Discussion Facilitator: Andrea Shugar	<b>Yoga &amp; Mindfulness Activities</b> Presenters: Andrea Morrison & Bernette Kay

**11:15– 11:30 Refreshment Break**

**11:30 – 12:30 A Different Life: Growing up with 22q – Quinn Bradlee – filmmaker, author and advocate.**

Born with 22q11DS, Quinn Bradlee is dedicated to helping others with the syndrome and other learning disabilities. He is the founder of Friends of Quinn, an online community offering resources and support for young adults with learning differences, as well as Fellow of the Antiquarian Society of Scotland and a Fellow of the Royal Society of Arts. He authored the memoir *A Different Life: Growing Up Learning Disabled and Other Adventures*, documenting his efforts to overcome 22q11DS, and co-authored *A Life's Work: Fathers and Sons* with his father. And he assisted in the making of the HBO film *I can't do this but I can do that*, about learning differences. Quinn is son of the late Ben Bradlee, long-time Washington Post executive editor, and Sally Quinn, Washington Post reporter.

**12:30 – 12:35 Closing Remarks**