

## SATURDAY

*Master of Ceremonies: Randall Ware*

**Welcoming Address: Hon. Yasir Naqvi, MPP**

**Keynote #1: Rick Goodwin “Truth Telling”**

*Rick is the co-founder and Executive Director of The Men’s Project, and he has a coupla things to say!*

**Keynote #2 – Boys and Men Healing: Film & Discussion Panel**

*Moderator: Ron Jette; Panellists: Scott Thompson, JP Dufour, Lee Ferrill*

## SUNDAY

*Master of Ceremonies: Ron Jette*

**Keynote #3 – Frank O’Dea: “Hope, Vision, Action”**

*Frank is a man of many talents: a one-time panhandler, the founder of Second Cup, the co-creator of many non-profits, including Street Kids International and War Child. He’s a great guy. And by the way, he also is a survivor.*

**Keynote #4: Art Lockhart: “Where We Go From Here”**

*Art is a social visionary, a man who has touched many lives: co-founder of the Gatehouse of Toronto, a restorative justice expert, an author, and a guy with a big picture to share.*

*Lunch will be provided from 12:00 to 1:00 each day*

*We would like to thank:*

**YMCA-YWCA of the National Capital Region**

*And our co-sponsors:*

**Catholic Centre for Immigrants**

**The Gatehouse**

**David Hoe Coaching**

**Revitalize Lives**

**University of Ottawa**



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Canada's knowledge centre on male sexual trauma and recovery

# Men of COURAGE

**Saturday, March 23 &**

**Sunday March 24, 2013**

YMCA-YWCA, 180 Argyle Ave., 2<sup>nd</sup> Floor, Ottawa, ON

9am to 4:00 pm each day

Registration: 8 a.m. Saturday, March 23, 2013 - 2<sup>nd</sup> Floor



A community conference focusing on issues of men’s mental health and well-being. All men and their families are welcome. Join us for keynote speakers, dedicated workshops, films and discussion.

Service providers are also welcome.

## Courage is what it takes to stand up and speak...

### 1D, 2D, 3D, 4D Introduction to Men and Healing

This *dedicated series of four workshops* is designed for men who experienced childhood abuse and want to begin their recovery process. Under the guidance of *The Men's Project* therapists, participants will learn the basics of our award-winning Men & Healing Phase I program: understanding post-trauma symptoms, the impact this has on relationships and how to keep yourself strong and grounded. By committing to all four workshops, participants will be eligible to join us in our treatment program. Spaces are limited – pre-registration is required!

### 1A Emotional Integrity

*Gord Gauthier, CCC, M. Psy of The Men's Project*

Come learn what it takes to become who you really are! The three components of living a life of emotional integrity will be presented, along with some steps to take on the journey.

### 1B Partners, Family & Friends of Male Survivors

*Drew Duncan, MSW, RSW of The Men's Project*

What does it mean to you when your man is in recovery? Come learn the basics of the issue and the basics of taking care of yourself – all partners (women and men) are welcome.

### 1C L'Intégrité émotionnelle

*Sonia Myre, MA, CCC du projet pour hommes*

Venez apprendre ce qu'il vous faut pour devenir qui vous êtes vraiment. Les trois composantes d'une vie d'intégrité émotionnelle vous seront présentées, ainsi que quelques démarches à prendre pour vous y rendre.

### 1D Men and Healing – Part 1

*Wes Moore, M.Ed, CCC & Alice Layiki-Dehne, MSW, RSW, both of The Men's Project*

### 2A Getting Beyond Anger

*Monica Forst, M.Ed, ICADC of The Men's Project*

Old patterns and old issues can all box us in when it comes to problems associated with anger. Come learn some new ways to understand anger, and to be understood.

### 2B Fathering

*Larry Gauthier, MSW, RSW of The Men's Project*

Being a Dad has never been more challenging as well as rewarding. Using the premise that "all fathers are sons" join us in looking at how this is the best job on the planet!

### 2C Paternité

*Jean-Martin Deslauriers, PhD, Université d'Ottawa*

Devenir père aujourd'hui, de nouveaux défis et de grandes joies! Venez discuter du plus beau métier du monde!

### 2D Men and Healing – Part 2

*Wes Moore, M.Ed, CCC & Alice Layiki-Dehne, MSW, RSW, both of The Men's Project*

### 3A Advocacy & Activism for Male Survivors

*Moderator: Art Lockhart, The Gatehouse; Panellists: Paul Leduc, Lee Ferrill, Ron Couchman*

The needs of male survivors go beyond counselling resources. Come hear survivor advocates from across Ontario speak about their efforts in public awareness, mobilizing the community, and creating the next steps of this movement.

### 3B Integrity as Gay Men

*David Hoe of David Hoe Coaching, Barry Deeprrose*

What are the lessons in developing personal integrity as gay men? The journey to identity is a continuing process – one that goes well beyond coming out. Join two seasoned activists from the gay men's community in a discussion about your next steps to expansion!

### 3C Mental Health for New Canadians

*Alice Layiki-Dehne, MSW, RSW, Ghassan Arabieh, MA, Catholic Centre for Immigrants*

Finding yourself in a new country and culture and learning new ways to meet your needs can be highly stressful, especially for men. Join us to discuss strategies for good mental health for new Canadians and their families.

### 3D Men and Healing – Part 3

*Wes Moore, M.Ed, CCC & Alice Layiki-Dehne, MSW, RSW, both of The Men's Project*

It's about MEN.  It's about time.

### 4A Addiction and the Family

*Paul Delahunty, ICADC, Tim Higgins, Revitalize Lives*

Come hear the education and intervention that is required when alcohol and/or drug use becomes out of control. Concentrating both on the individual as well as his family, find out the where's and how's to recovery.

### 4B Just Move!

*Jill Pomeroy, Taggart Family Y*

We are built to move, not just sit. So take a leap of faith today and join us as we shake off the post lunch lethargy with a stirring, movement-based session. Be inspired! Comfortable clothes are best.

### 4C Sexual Integrity

*Ray Robertson, MA MSW, RSW of The Men's Project*

Sex can be a source of joy and fulfillment, yet almost everyone is raised with ignorance and fear about sex in general. Come learn with a pro on living a life that is both sex-positive and one without shame!

### 4D Men and Healing – Part 4

*Wes Moore, M.Ed, CCC & Alice Layiki-Dehne, MSW, RSW, both of The Men's Project*

...**Courage** is also what it takes to sit down and listen.

# Men of COURAGE

Saturday, March 23 & Sunday March 24, 2013



SUBMIT FORM TO:

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Ottawa, ON K2P 1B7

[general@themensproject.ca](mailto:general@themensproject.ca)

Phone: 613-230-6179

Fax: 613-230-6173

## Registration Form

(one registration form per participant)

Using WORKSHOP CODES (e.g.1A, 1B), please specify your first and second choices of workshops for each time period.

Saturday Morning		Saturday Afternoon		Sunday Morning		Sunday Afternoon	
<i>Choices: 1A, 1B, 1C, 1D</i>		<i>Choices: 2A, 2B, 2C, 2D</i>		<i>Choices: 3A, 3B, 3C, 3D</i>		<i>Choices: 4A, 4B, 4C, 4D</i>	
First choice		First choice		First choice		First choice	
Second choice		Second choice		Second choice		Second choice	
Your Information							
First & Last Name							
Mailing Address							
Email Address							
Telephone Number							
If you would like to be added to <i>The Men's Project/1in6 Canada</i> database to receive newsletters and other information, please check here:							
Ticket Information							
Select Applicable	Public Fee (\$50.00):						
	Low income scholarship (No Charge):						
	I would like to support a low income scholarship(s): (charitable receipt will be provided)						
						<b>Total:</b>	
Payment Information							
Circle One	Cash/Debit <i>(Drop off at 321-180 Argyle Ave.)</i>		Cheque <i>(Payable to: The Men's Project)</i>		Credit Card <i>(Provide Information Below)</i>		
	Name on Card:						
Credit Card Number:				Expiry Date (MM/YY):			
I authorize The Men's Project to charge my credit card the "Total" amount indicated above.			Signature:				

Please note that coffee, snacks, and lunch will be provided due to the kindness of many individuals and businesses in the Ottawa area.



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Saturday, March 23 & Sunday March 24, 2013



## Conference Schedule

180 Argyle Ave., Ottawa, 2<sup>nd</sup> Floor

<b>Saturday, March 23, 2013</b>			
<i>Time</i>	<i>Location</i>	<i>Session</i>	
8:00 – 8:50 a.m.	2 <sup>nd</sup> Floor Foyer	<b>Conference Registration and Package Pick-Up</b>	
9:00 – 9:30 a.m.	RBC Community Room	<b>Welcome Address: Hon. Yasir Naqvi, MPP</b>	
9:30 – 10:30 a.m.	RBC Community Room	<b>Keynote # 1 - Truth Telling</b>	
10:30 – 10:45 a.m.	2 <sup>nd</sup> Floor Foyer	<i>Health Break</i>	
10:45 – 12:00 p.m.	RBC Community Room	<b>1A</b>	<b>Emotional Integrity</b>
	RBC Board Room	<b>1B</b>	<b>Partners, Family and Friends of Male Survivors</b>
	Room 514	<b>1C</b>	<b>L'intégrité émotionnelle</b>
	Room 526	<b>1D</b>	<b>Men and Healing – Part 1</b>
<i>Lunch provided, 2<sup>nd</sup> Floor Foyer</i>			
1:00 – 2:15 p.m.	RBC Community Room	<b>2A</b>	<b>Getting Beyond Anger</b>
	RBC Board Room	<b>2B</b>	<b>Fathering</b>
	Room 514	<b>2C</b>	<b>Paternité</b>
	Room 526	<b>2D</b>	<b>Men and Healing – Part 2</b>
2:15 – 2:30 p.m.	2 <sup>nd</sup> Floor Foyer	<i>Health Break</i>	
2:30 – 4:00 p.m.	RBC Community Room	<b>Keynote #2 – Boys and Men Healing: Film &amp; Discussion Panel</b>	
<b>Sunday, March 24, 2013</b>			
9:00 – 9:15 a.m.	RBC Community Room	<b>Welcome Address</b>	
9:15 – 10:15 a.m.	RBC Community Room	<b>Keynote #3 - Hope, Vision, Action</b>	
10:15 – 10:30 a.m.	2 <sup>nd</sup> Floor Foyer	<i>Health Break</i>	
10:45 – 12:00 p.m.	RBC Community Room	<b>3A</b>	<b>Advocacy &amp; Activism for Male Survivors</b>
	RBC Board Room	<b>3B</b>	<b>Integrity as Gay Men</b>
	Room 514	<b>3C</b>	<b>Mental Health for New Canadians</b>
	Room 526	<b>3D</b>	<b>Men and Healing – Part 3</b>
<i>Lunch provided, 2<sup>nd</sup> Floor Foyer</i>			
1:00 – 2:30 p.m.	RBC Community Room	<b>4A</b>	<b>Addiction &amp; the Family</b>
	RBC Board Room	<b>4B</b>	<b>Just Move!</b>
	Room 514	<b>4C</b>	<b>Sexual Integrity</b>
	Room 526	<b>4D</b>	<b>Men and Healing – Part 4</b>
2:30 – 2:45 p.m.	2 <sup>nd</sup> Floor Foyer	<i>Health Break</i>	
2:45 – 3:45 p.m.	RBC Community Room	<b>Keynote #4 – Where We Go From Here</b>	
3:45 – 4:00 p.m.	RBC Community Room	<b>Thank you and Closing</b>	



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