

REGISTRATION FORM

KRACL Conference
 SEPTEMBER 23, 24, 25, 2011
 (all events) at the
 PRESTIGE LAKESIDE RESORT AND
 CONVENTION CENTRE
 701 Lakeside Dr, Nelson, BC

Name _____

Address _____

Phone _____

Email _____

Please indicate:

_____ Self Advocate _____ Service Provider

_____ Family Member _____ Staff

_____ Board Member

Organization: _____

Accommodation \$50 Subsidy Required Yes / No

Please indicate any special dietary or accessibility needs. _____

Total Amount due (see over) _____

_____ Cheque enclosed

_____ Will pay at conference

Complete this form and mail to address overleaf

by Registration Deadline

September 9th 2011

Saturday September 24 th Workshop Schedule			
Time	Lobby	Room 1	Room 2 Room 3
8:00 am	Registration		
8:30 am	BREAKFAST		
9:30 – 10:00 am		Keynote Speaker – ESATTA CO-OP Self Advocate, Gladys Duran	
10:15 – 12 noon		# 1 BCACL Plenary - No More Barriers Workshop	
12 Noon – 1:00pm	LUNCH		
1:15 – 2:00 pm		# 2 Creative Wellness	# 3 Money Matters
2:15 – 3:00 pm		# 5 Creative Wellness	# 6 Employment is Changing
3:15 – 4:00 pm		# 8 Creative Wellness	# 9 Habitat 4 Humanity
6:00 pm	DINNER & DANCE		# 4 Social Networking # 7 Social Networking # 10 Social Networking

KOOTENAY REGION ASSOCIATION FOR COMMUNITY LIVING (KRACL)

2011 Annual Conference

September 23, 24, 25.

Nelson B.C.



...You wish to see in **Your** world.



nelson
CARES
 society

Hosted by

Prestige Lakeside Resort & Convention Center

WORKSHOP Information

All workshops suitable for self advocates, families and staff

Keynote Speaker: Empowering Self Advocates To Take action, (ESSATA) Self Advocate, Gladys Duran

Workshop # 1 Plenary - No More Barriers

Presenter: BCACL & BCSAF

BC Self Advocacy Foundation (BCSAF) is a provincial organization supporting people with disabilities to become leaders in their communities. It is very important to us that people with disabilities are leading the conversation as the experts in their own lives. Through the use of video, presentation and group work we will learn together about the barriers people face in today's world and explore solutions together.

Workshop # 2, 5 & 8 Creative Wellness

Each of the 3 fun sessions will include a different craft, activity and information relevant to health, fitness and nutrition. With various facilitators activities will include Tai Chi, Dance and games, while various mediums of craftwork will be at hand ready for play.

Workshop # 3 Money Matters

Presenter: Ellen Valks H & R Block

Ellen is a dynamic presenter, guide and money saver for many and a passionate advocate for individuals with disabilities and their families - supporting them to keep more of their money in their pockets.

How can we save money on our taxes? Are there special tax credits available for individuals with disabilities and their families – things you might not be aware of that can help you keep more money for now – and for later. Oh yes! In this session with the very engaging Ellen Valks from H&R Block in Nelson, you'll be guided on an exploration of up-to-date options because quite simply, money matters.

WORKSHOP Information

Workshop # 4, 7, & 10 Social Networking

Presenter: Joan Exley; Columbia Basin Alliance for Literacy

CBAL is a non-profit organization whose purpose is to promote literacy and lifelong learning throughout the Columbia Basin by educating the public about the importance of literacy and by supporting local community actions related to literacy.

This workshop will include appropriate and safe behaviour that fosters long lasting and healthy relationships through social media. Participants will experience hands on instruction and practice with the CBAL mobile computer laptop lab.

Workshop # 6 Employment is Changing!

Presenter: Jason Zwaal, Director of Sunshine Valley Community Services in Grand Forks.

Jason is particularly passionate about seeing people achieve their employment goals. He believes that employment can unlock many opportunities in a person's life including friendships, increased self-esteem, community connection and of course more financial flexibility. This workshop will focus on the tools, strategies and philosophy of Customized Employment and how it can not only often lead to a job, but the right job for any job seeker. Customized Employment helps you dig deeper into who a person is, what they need to succeed in employment and creative ways of developing jobs that is a good fit for that person.

Workshop # 9 Habitat for Humanity Boundary

Presenter: Rick Friesen

In this session on housing ideas, you'll meet the stake holders of H4H Boundary in GrandForks. You will learn more about this exciting project that hopes to offer insight and inspiration for all communities. For more details please see www.habitatboundary.com

Conference Info

Full Conference cost of \$80 includes:

Friday evening reception, all workshops, Saturday Breakfast, Lunch, Dinner/Dance and Sunday Breakfast.

Those not attending the full conference can pay for individual meals and/or workshops as follows:

Breakfast or lunch \$10

Dinner/Dance \$25 (incl. 1 drink ticket)

Workshops \$20 per session

Weekend Schedule

Friday evening

6pm Reception and entertainment of magic, sing-along and karaoke.

Saturday

See back page for details

Sunday

8:30 a.m. Breakfast / **9:30 a.m.** AGM

A \$50 **Accommodation Subsidy** is available to those participating in Saturday's full day event
Please indicate overleaf if required.

Prestige Lakeside Resort & Convention Centre,
701 Lakeside Drive, Nelson.
Rooms \$99.95 + tax Single/Double/Twin.
Please indicate for Nelson CARES conference when booking.

Mail Registration form to:

Nelson CARES Society ,

521 Vernon Street

Nelson, BC V1L 4E9

Phone: 250 352 6011, Fax: 250 352 9855

E-mail: info@nelsoncares.ca