



CENTRE FOR HEALTH PROMOTION
University of Toronto

ONTARIO HEALTH PROMOTION
SUMMER SCHOOL
JUNE 25 - 27, 2007

« *MENTAL HEALTH PROMOTION* »

CROWNE PLAZA HOTEL, TORONTO

WORKSHOP SUMMARIES
&
PRESENTERS' BIOGRAPHIES

Extra-curricular Activities

PERSONAL DEVELOPMENT WORKSHOPS

N.B. PERSONAL DEVELOPMENT WORKSHOPS ARE NOT MANDATORY, BUT PRE-REGISTRATION IS. PLEASE SELECT ONE OF THE FOLLOWING.
THESE WORKSHOPS WILL BE OFFERED ON TUESDAY, JUNE 26 FROM 7:30 – 9:00 p.m..

PERSONAL DEVELOPMENT SESSION – FIRST PEOPLES’ STREAM	
« Healing with the Cycles »	
Jan Kahehti:io Longboat, Elder, Traditional Teacher, Herbalist, Traditional Counsellor	Earth Healing Herb Farm and Retreat

SUMMARY: The workshop will focus on the four seasons and how assist with personal growth.

PRESENTER’S BIOGRAPHY: **Jan Kahehti:io** is the mother of three daughters, one son and ten grandchildren. She is the keeper of Earth Healing Herb Gardens and Retreat Centre at Six Nations.

During her life she has experienced the many losses of our values, culture, language and traditional healing arts and medicines. For most of her life, Jan has worked in education and the healing arts to bring back what she has experienced in loss.

She has focused on the ‘power of the Good Mind’ to bring about well-being in her life and now teaches in her community and in learning institutions around the country.

Jan Kahehti:io believes our ancestors have left us a great legacy of knowledge in how to have ‘good well-being’. Our responsibility is to go back and pick up the pieces that we have left along our journey of 500 years.

Jan Kahehti:io presently services First Nation communities in Indigenous practices of Healing and Well-being.

PERSONAL DEVELOPMENT WORKSHOPS – GENERAL STREAM	
« Yoga »	
Rita Piazza	Certified Yoga Instructor

SUMMARY: Rita will guide the class through gentle Yoga postures, breathing exercises and relaxation techniques. No previous experience or special equipment required. In other words you don’t need mats, or gym clothes. Loose fitting, comfortable clothing is recommended.

Participants will enjoy the practical experience of Yoga and its benefits, such as relaxation, stress reduction, healing, toning, and mental, physical and spiritual health.

PRESENTER’S BIOGRAPHY: **Rita Piazza** teaches Hatha Yoga inspired by Vanda Scaravelli. As well she has a background in Iyengar and Kripalu yoga. Rita has been practicing yoga for over 20 years, and as a certified Yoga teacher she has been teaching yoga since 1996. She has studied

meditation, Yoga Nidra, Imagery work, Chi Qong, Dance, and other healing modalities. She has a certificate in Shiatsu Therapy and Therapeutic Touch.

PERSONAL DEVELOPMENT WORKSHOPS – GENERAL STREAM (français et anglais)
« Art Therapy »
Melita Richardson, Art Therapist (bilingue)

SUMMARY: The bilingual workshop will begin with a brief introduction into what is Art Therapy (what we do, and who we do it with). Participants will be involved in art activities that are enjoyable and do not require any artistic ability. These activities will explore how art can open up fields of communication.

PRESENTER'S BIOGRAPHY: Melita was born and raised in New Brunswick. She is a bilingual Francophone. Melita has obtained a bachelor degree in teaching Fine Arts from the Université de Moncton. For several years, she was the youth artist representative of many galleries, centres and artistic organisations at the provincial level. In 1999, she left New Brunswick to begin her teaching career and continue her education. She worked in Newfoundland, studies French Literature in Belgium and is now teaching Visual Art in Ontario in the Niagara Region. She also offers art therapy services for individuals, groups and families. In her second language (English) Melita have completed two year training in art therapy at the Toronto Art Therapy Institute. Her thesis research will be available in August 2007.

PERSONAL DEVELOPMENT WORKSHOPS – GENERAL STREAM
« Healing Through Meditative Arts »
Michelle Currie, M.Ed.

SUMMARY: “We must be the change we wish to see in the world.”
Gandhi

“Healing with Meditative Arts” is an experiential workshop that explores the interconnections between meditation, art, and well being. How can Meditative Arts be used as a tool for self reflection? How does connecting to self, others and nature bring about self-healing? How is self-healing related to social and environmental consciousness? Individually and collectively, we will discuss these questions (and come up with more questions!). There is no experience required.

PRESENTER'S' BIOGRAPHY : Michelle Currie is a graduate of the Masters of Education program at OISE/UT. Her background includes ten years of poetry writing and eight years of instrumental music performance. Her other interests include environmental education, peacebuilding, meditation, and wellness promotion.

SOCIAL AND RECREATIONAL ACTIVITIES

RECREATIONAL FACILITIES

Please remember that the hotel has an indoor and an outdoor swimming pool, exercise facilities and a spa.

ABORIGINAL TRADITIONAL GATHERING: SUPPER FEAST AND ENTERTAINMENT

Featuring a special menu in celebration of National Aboriginal Day, and a number of performers, including:

- Jamie Maracle and Wahahii:io Drum Group (Mohawk), Toronto
- Young Spirit Youth Drum & Sweet Grass Sisters Hand Drum Group
- Brenda Macintyre, Drummer

ALL WELCOME. Pre-registration is necessary. Activity is free of charge.

DATE AND TIME: Monday, June 26, 6:00 P.M.
NB CHECK SIGN-UP SHEET AT HPSS REGISTRATION

BUS TO DOWNTOWN TORONTO

(Bus will drop PRE-REGISTERED participants off and pick them up at Eaton Centre (Yonge and Dundas) and Harbourfront.

THERE ARE NO ORGANIZED ACTIVITIES FOR THIS EVENT

(Activity is free of charge however a \$20 deposit must be paid at sign-up at HPSS. This fee will be refunded to those who participate in outing.)

NB CHECK SIGN-UP SHEET AT HPSS REGISTRATION DESK

DATE AND TIME: Tuesday, June 26, 6:30 – 10 p.m.
(Supper will be served earlier that evening)

Bus loads at front of hotel.

**FRANCOPHONE FESTIVITIES – lunch with musical entertainment!
(ALL WELCOME - Activity is free of charge and no registration necessary)**

DATE AND TIME: Tuesday, June 27, 12:30-1:30 p.m.