



# Challenge & Change 2023

34<sup>th</sup> Annual Conference

February 15, 16 & 17, 2023 • Sheraton Vancouver Wall Centre • 1000 Burrard Street, Vancouver, BC

## Conference Schedule

Wednesday, February 15<sup>th</sup>

7:00 pm – 9:00 pm Pick up registration materials at registration desk [Coat check near Pavilion Ballroom].  
Check at hotel registration desk for location if you are unsure.

Thursday, February 16<sup>th</sup>

7:30 am – 8:50 am Registration, Publishers' Displays, Continental Breakfast in Pavilion Foyer  
9:00 am – 9:15 am Opening Remarks  
9:15 am – 11:30 am Keynote Address – Shelley Moore  
11:30 am – 1:00 pm Lunch on your own. Many wonderful restaurants within 6-block radius of hotel.  
1:00 pm – 4:00 pm Afternoon Sessions T1–T10  
5:00 pm – 7:00 pm The Schmooze! Pavilion Ballroom. Registration name tag gets you in for free. Buy guest name tag for \$25.

Friday, February 17<sup>th</sup>

8:00 am – 8:50 am Registration, Publishers' Displays, Continental Breakfast in Pavilion Foyer  
9:00 am – 11:30 am Morning Sessions F1–F09  
11:30 am – 1:00 pm Lunch on your own. Many wonderful restaurants within 6-block radius of hotel.  
11:40 am Annual General Meeting in Blue Whale Room [Near Registration Desk]  
1:00 pm – 3:30 pm Afternoon Sessions F11–F19

### Keynote Address - Shelley Moore

#### Why is Inclusion Important to You?

Shelley will share her own story of inclusion, from her experiences as a student, an adult, a teacher and most recently, as a parent. She will connect her story to current understandings of inclusive education and will reflect on why conversation about inclusion continues to matter.

## Thursday Afternoon 1:00 pm to 4:00 pm

### T01 Getting to Know Students from a Strength-Based Perspective

How can we respond to student needs without relying only on their deficits? This session will look at individual and class dimensions that can be used for planning from a positive and responsive perspective that reflects identity and contribution. We will look at how we can use a class profile to make decisions that reflect the unique composition of a community, and that builds on Universal Design for Learning, Equity Oriented Practices, and core competencies.

*Shelley Moore is a highly sought after teacher, researcher, consultant and storyteller and she has worked with school districts and community organizations throughout both Canada and the United States. Her research and work has been featured at national and international conferences and is constructed based on theory and effective practices of inclusion, special education, curriculum and teacher professional development.*

LIMIT: 200 FOCUS 6-12: FORMAT: 20% Lecture 80% Interactive

## T02 Online Pornography and Teen Sexual Health

Electronic pornography is a completely different animal from the skin-magazines of the past. This workshop will define the differences between print-based and internet-based pornography, discuss the use of online pornography by preteens and teens, and highlight research showing their effects on sexual health, norms and development. Online communities that both promote harmful behaviours and those that offer support will be shown. Strategies to assist youth harmed by online pornography will be provided.

**Merlyn Horton** is CEO of SafeOnline Education Associates, and in 2001, pioneered internet safety education in British Columbia. From 1985 to 2000 she provided services to high risk, sexually exploited youth and victims of domestic violence, as counsellor, outreach worker and advocate. Over the last 18 years she has educated over 200,000 people, both in B.C. and internationally.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 80% Lecture 20% Interactive**

### Free Exhibitor's Gift Certificate\*

\*Of course there's a catch you fine-print reader! It's you! You must volunteer to act as a session host and introduce the speaker at the beginning of the session, thank the speaker at the end, remind participants to evaluate the session on the app and/or collect the evaluation cards and return them to the registration desk.

Interested? Mark YES to the Session Host question during online registration.

## T03 Indigenous Culture and Health Care

Many Canadians have come to realize that discrimination is present in our current medical system, putting into question the "universality" of our universal health care system. Pixie will outline the common obstacles marginalized youth, especially those who identify as First Nations, Inuit and Metis, have when accessing health care and participants in the workshop will have an opportunity to examine how those in education can help address the health care issues brought forth by systemic racism. Ideas will be presented on how educators may be able to help youth access cultural support to attain greater health and well being in their lives.

**Pixie Wells** is the Fraser Valley Métis Association President, Director of Housing and Representative for LGBTQ2+. As a proud two-spirited person, she serves her community by exploring safe and sustainable housing options for indigenous people and to advocate for the health and well-being of the LGBTQ2+ members.

**LIMIT: 35 FOCUS: 6-12 FORMAT: 50% Lecture 50% Interactive**

## T04 Painting Without A Paintbrush

Throw everything you know about art out the window. Working with at-risk youth requires creativity, persistence, and thinking outside the box. Using art with youth is no different. Whether you fancy yourself an artist, or artistically challenged, this workshop is for you. Together, we'll use multimedia approaches to learn about the brain and creativity. We'll teach you skills to use art as a medium for connecting with youth and helping them connect with themselves, and with each other.

**Andrew Neufeld** is the Co-Founder, CEO and Clinical Director of Alongside You, Principal at Immerse Consulting, and Clinical Faculty at the University of British Columbia in the Department of Psychiatry. His passion is helping clients increase their resilience so they can thrive.

**Meg Neufeld** is the Co-Founder and Director of People and Culture at Alongside You. Meg is a practicing artist and runs programs for at-risk youth using her unique perspective on integrating the arts, creativity and mindfulness into education.

**LIMIT: 40 FOCUS: K-12 FORMAT: 30% Lecture 20% Interactive 50% Hands-On**

## T05 Escorted to Court

**Early Start Alert:** Join us at 12:15 for a field trip to the Vancouver Law Courts, a two-block walk from the Wall Centre. We will have a 30-40 minute session with a Provincial Court Judge at 12:30pm. After a Q&A, teachers will learn about the Justice Education Society and all our teaching resources, lesson plans and programs. At 2:00 pm, participants will have the opportunity to watch live court proceedings.

**The Justice Education Society** creates innovative programs and resources that improve legal capability and increased access to justice.

**LIMIT: 30 FOCUS: 6-12 1 FORMAT: 0% Lecture 40% Interactive 50% Hands-On**

## T06 TAME Panic in the Classroom

With an increasing number of students experiencing anxiety problems, teachers may find themselves wondering what to do when panic attacks in the classroom. Participants will discover how to "TAME" panic by learning about how Thoughts (cognitions) and Actions (behaviours) can fuel or fade panic. Anxiety Canada's free MindShift CBT app will be explored as a key resource for science-based panic management strategies. Evidence for best treatment practices will be shared and the role educators can play in supporting the mental health of students discussed. To make the most out of this workshop, please download AnxietyCanada's MindShiftCBT app prior to the session.

**Dr. Melanie Badali** is an award winning Registered Psychologist with over 20 years of experience working as a psychotherapist, educator, researcher and mental health advocate.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 40% Lecture 20% Interactive 40% Hands-On**

Download PDF conference brochures and register online: [www.bcaea.com/conference.html](http://www.bcaea.com/conference.html)

## T07 Serious Play

Social-Emotional Learning is the umbrella that guides our processes in addressing mental health, school climate, positive behaviour approaches, and growth mindset. This workshop exposes participants to hands-on cooperative games and activities that address both the broad and specific foundations of social emotional learning. The experiential nature of the workshop will allow first-hand learning of new facilitation and debriefing skills and how active engagement provides a meaningful method to learning. You can implement these new tools and skills back in your schools and practices immediately.

**Sheldon Franken** has a B.Ed. in Physical Education and an M.A. in Counseling Psychology. He is a school counsellor for the Vancouver School Board and the workshop facilitator and owner of Inquiry Adventures. Sheldon is known for his activity based and hands-on learning style of facilitation. He has presented workshops and Keynotes on active and experiential social-emotional learning to educational and mental wellness organizations across North America.

**LIMIT: 200 FOCUS: K-12 10% Lecture 40% Interactive 50% Hands-On**

## T08 Repeat offender: Sumthin' different

In this session we will needle felt all the colours of the sky! We will discuss the Northern lights, the colours and the science then have fun creating a felted bag with the northern lights needle felted on it! No experience necessary.

**Chris Kelly**, Spêshelewèt, First Nations/Métis, has been with the Alternate Conference for many years as an attendee and a presenter. Chris has been with the Abbotsford school District for over 30 years. 2022 will find her working in School District #34 as a Indigenous Support Worker Mentor.

**LIMIT: 20 FOCUS: K-12 FORMAT: 30% Interactive 70% Hands-On**

## T09 Understanding Teen Resistance/Opposition

Adolescence brings about a natural shift to increasing resistance and opposition when feeling pressed upon or controlled. Although the reaction is quite normal and even healthy in certain circumstances, its manifestations and impact can be highly disruptive and disturbing, making life difficult for parents and teachers. Resistance can take many forms from negativism to noncompliance depending upon the child's age and personality. We will discuss the meaning of this deep-rooted instinct as well as the dynamics that control its existence and expression and explore ways to positively address oppositionality in a classroom setting.

**Dr. Deborah MacNamara** provides counselling and educational services to parents and professionals based on the relational-developmental approach of Dr. Gordon Neufeld. She is on Faculty at the Neufeld Institute and presents on all of the Neufeld material. Deborah is a dynamic teacher and experienced counsellor with over 20 years experience in educational and mental health settings.

**LIMIT: 200 FOCUS: K-12 FORMAT: 70% Lecture 30% Interactive Hands-On**

## T10 Alternate Potpourri

Choose this session if you can't decide what session to take or might not attend a session in this time slot. Your registration will be complete, your receipt will show you registered in a session, and you will get a session card to exchange at the Registration Desk if you change your mind. This way you don't take a spot in a limited session that someone else might have wanted. Win-win!

**LIMIT: 200 FOCUS: K-12 FORMAT: 100% Hands-On**

## The Legendary Schmooze!

It's a great chance to mix and mingle with people you know and people you've just met. And of course, Chef Lori Pilling and the incredible staff and students from the Delta Secondary Cafeteria Program, will dazzle your tastebuds once more. Heaven!

**Thursday 5:00 – 7:00 pm**

**Pavilion Ballroom**

Wear your conference name tag for free entry.

Guest tickets [\$30] may be purchased in advance at the Registration Desk, or at The Schmooze entrance during the event.

We look forward to seeing you there!

## Friday Morning 9:00-11:30

### F01 Seven Grandfather Teachings

Learning about Anishinaabe cultural teachings is a natural way to address the social emotional learning outlined in the B.C. Core Competencies. Participants in this session will learn about the Seven Grandfather teachings and then participate in interactive activities focused on using sharing circles, journal writing and art activities to demonstrate how to help students explore and connect the teachings to Indigenous ways of knowing and being. How participants might use the Grandfather teachings to help students learn to connect their personal morals and virtues in positive ways with their peers, their family and their communities will also be discussed.

**Tina Maphoso** is an Aboriginal Cultural Presenter who currently works as an Indigenous Support Worker in the Langley School District. Tina is of Cree and Metis descent and has worked for 14 years helping youth better understand the Indigenous culture. She previously worked in the Abbotsford school district.

**LIMIT: 30 FOCUS: 6-12 FORMAT: 30% Lecture 30% Interactive 40% Hands-On**

## F02 Helping Youth to be Resilient Online

The last two years of lock-down and forced online engagement have meant youth, more than ever, rely on internet-based information. Unfortunately, that means they also have been exposed to questionably sourced misinformation and online conspiracy theories. This presentation will outline and define fake news, online hate and cancel culture, and will explore solution-focused activities and critical thinking resources that educators can use to support and educate youth about these topics.

**Merlyn Horton** [BPA] is CEO of SafeOnline Education Associates and in 2001 pioneered internet safety education in British Columbia. From 1985 to 2000 she provided services to high risk, sexually exploited youth and victims of domestic violence, as counsellor, outreach worker and advocate. Over the last two decades, she has educated tens of thousands of people, both in B.C. and internationally.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 85% lecture, 15% interactive**

## F03 From Reject to Resilient

Participants will hear about the Vanguard student journey from intake to graduation [reject to resilient]. This session is designed to remind us of the importance of seeing past the outside behaviour of students and instead approaching students (and even staff/parents/guardians) with curiosity and concern instead of preconceived labels and judgement.

Using Vanguard's "Safety, Adaptation, Leadership" lens, conversation will focus on our enhanced intake process, restorative resource support, creative teaching practice and dedicated therapeutic services. We will share resources, tips and ideas for how to take what we know works and incorporate it into your environment, regardless of your budget, position or title, that can be utilized in your day to day.

**Mindy Janzen** [MA in counselling/psychology] is currently serving in the role of school counselor and Department Head of the Restorative Resource Support Team for Vanguard Secondary School in Langley, British Columbia. She has been an educator for 32 years [K-12] and has a passion for at-risk youth and restorative action.

**Kim Leifso** has been working with teens for over 20 years and has spent much of that time working specifically with children and youth who are at high risk for suicide. Most recently she has been working at Vanguard Secondary School as an Intervention Clinician and Therapeutic Services Department Head, offering therapeutic services to students and clinical oversight to a team of youth workers.

**LIMIT: 50 FOCUS: 6-12 FORMAT: 80% Lecture 20% Interactive Hands-On**

## F04 Beyond the Buzzword

Trauma Informed Practice has been a buzzword in education for the better part of a decade. TIP is crucial to us being effective in working with children, and working with each other. We have to get past the buzzword, and dig into the practical. Together, we'll define trauma and look at how trauma impacts kids and their development and health outcomes. We'll look at how our own trauma impacts our work and gain practical insights into tangible ways that trauma informed practice can influence how we work with children throughout the age span - ways that can change lives.

**Andrew Neufeld** is the Co-Founder, CEO and Clinical Director of Alongside You, Principal at Immerse Consulting, and Clinical Faculty at the University of British Columbia in the Department of Psychiatry. His passion is helping clients increase their resilience so they can thrive.

**LIMIT: 200 FOCUS: K-12 FORMAT: 50% Lecture 30% Interactive 20% Hands-On**

## F05 Three Ways to Rethink Education

Dr. Kang will provide science-based solutions that every parent, teacher, administrator, and caregiver can use to guide today's youth towards a deeper, powerful, more innate use of their own incredible neurobiology. In this interactive presentation, Dr. Kang will use science and storytelling to provide tools for:

- Understanding the stress vs. learning systems that are universally applicable to all students regardless of age, gender identity, culture, and background.
- Regulating the function of the gut brain through emotional skills and practices.
- Enhancing the connections of the heart brain through social skills training.
- Optimizing the intelligence of the head brain through cognitive skills.

Following her presentation, Dr. Kang will provide organizers with an executive summary that includes links to practical resources and tools.

**Dr. Shimi Kang** is an Award-winning, Harvard-educated, psychiatrist, scientist, bestselling author, and speaker on a mission to help individuals thrive in our fast-paced, ever-changing world. By understanding the fundamental principles that guide our behaviour, she believes we can become better leaders, better parents, and better versions of ourselves.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 70% Lecture 30% Interactive Hands-On**

## F06 Media Manipulations

Do you control the media or does the media control you? How do attitudes toward media change over time, and how can teachers more effectively communicate with their students about healthy media habits? This workshop will explore the influence of different forms of media (films, television, video games, social media) on our lives and behaviour. Through interactive examples and activities, participants will reflect on their own media habits and those of their students. A discussion of different hopes and fears about media throughout history will highlight what is unique about our present moment, giving us hope about our media future.

**Chelsea Birks** is the Learning & Outreach Director at The Cinematheque, where she has collaborated on a range of programs and events aimed at engaging her community with all aspects of film culture. Chelsea holds a PhD from the University of Glasgow and has taught university film classes in the UK and across the Lower Mainland. Her first book, *Limit Cinema: Transgression and the Nonhuman in Contemporary Global Film*, was published in 2021.

**Thea Loo** is a filmmaker and photographer who graduated with a BFA in Film Production at the SFU School for the Contemporary Arts. She enjoys producing film projects related to her main interests in film which are Asian-Canadianism and religion. At The Cinematheque, Thea works to garner a growing sense of film appreciation in Vancouver by facilitating various filmmaking workshops and other educational projects in film.

**LIMIT: 40 FOCUS: 10-12 FORMAT: 30% Lecture 50% Interactive 20% Hands-On**

## F07 The Beauty of Coping

This Beauty of Coping workshop will dive into the Dialectical Behaviour Therapy ACCEPTS model of coping. We will explore a variety of strategies that can support the development of healthy coping within a variety of different settings, situations, and populations. Come join the Beauty of Coping Workshop for an opportunity to expand our own and our students' coping toolbox, overall mental wellness, and start building the road towards resiliency.

**Sheldon Franken** has a B.Ed. in Physical Education and a M.A. in Counseling Psychology. Sheldon is a school counsellor for the Vancouver School Board and the workshop facilitator and owner of Inquiry Adventures. Sheldon is known for his activity based and hands-on learning style of facilitation. He has presented workshops and Keynotes on active and experiential social-emotional learning to educational and mental wellness organizations across North America.

**LIMIT: 200 FOCUS: K-12 FORMAT: 10% Lecture 40% Interactive 50% Hands-On**

## F08 Haudenosaunee Raised Beadwork

Together we will explore the history of this unique beadwork style and where it originated. After sharing information and examples attendees will try their hand at making a raised beadwork sample. We will be threading needles; don't forget your glasses! Let's gather and support one another.

**Chris Kelly**, Spèshelewèt, First Nations/Métis, has been with the Alternate Conference for many years as an attendee and a presenter. Chris has been with the Abbotsford school District for over 30 years. 2022 will find her working in School District #34 as a Indigenous Support Worker Mentor.

**LIMIT: 20 FOCUS: K-12 FORMAT: 20% Lecture 30% Interactive 50% Hands-On**

## F09 Alternate Potpourri

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**LIMIT: 200 FOCUS: K-12 FORMAT: 100% Hands-On**

**There's still time!**

The session presenters on this page want

**YOU**

to introduce them.

Volunteer to be a session host and  
get an exhibitor's Gift Certificate  
as a Thank You.

Interested? Mark YES to the  
Session Host question during  
online registration.



## Friday Afternoon: 1:00-3:30

### F11 Métis - the Flower Beadwork People

Participants will learn the history and cultural significance of beadwork to the Métis people. Participants will review some of the work that Métis beadwork artists have done and then make a beaded flower of their own. Tina will review some of the essential preparatory steps required for those wanting to do beadwork with large or small groups of youth in school or community program settings.

*Tina Maphoso is an Aboriginal Cultural Presenter who currently works as an Indigenous Support Worker in the Langley School District. Tina is of Cree and Metis descent and has worked for 14 years helping youth better understand the Indigenous culture. She previously worked in the Abbotsford school district.*

**LIMIT: 25 FOCUS: 6-12 FORMAT: 20% Lecture 20% Interactive 60% Hands-On**

### F12 Essay Writing Made Easy for Everyone

Based on the Step Up to Writing model, Audrey will share her own simple but effective series of lessons to support all students in writing organized and thoughtful expository paragraphs and essays.

*Audrey Pfitzenmaier has been supporting students with writing difficulties for most of her 30 years as an elementary and secondary school educator. Using a Universal Design for Learning philosophy, she has helped countless teachers expand their Differentiated Instructional strategies in developing strong writing skills in their students of mixed ability classrooms.*

**LIMIT: 35 FOCUS: 6-12 FORMAT: 20% Lecture 40% Interactive 40% Hands-On**

### F13 Two-spirited Health

This talking circle will be on 2SLGBTQIA+peoples in our educational systems with the following topics:

- How do we understand these complex identities?
- How do we support health and wellness for 2SLGBTQIA+peoples in our schools?
- How do we bring cultural health and wellness to our schools?
- How do we elevate and celebrate them in their journey forward?
- How do we create a stigma and discrimination free walk forward for the next generation of humans?

*Pixie Wells is the Fraser Valley Métis Association President, Director of Housing and Representative for LGBTQ2+. As a proud two-spirited person, she serves her community by exploring safe and sustainable housing options for indigenous people and to advocate for the health and well-being of the LGBTQ2+ members.*

**LIMIT: 35 FOCUS: 6-12 FORMAT: 50% Lecture 50% Interactive**

### F14 Neurobiology and Movement in Practice

Discover how movement can help students and educators with emotional regulation and non-verbal communication. Learn to recognize kinesthetic empathy by first engaging in the mind-body connection. Exercises in this workshop can be used with groups, individuals, or the self to support the integration of social, emotional, cognitive, and physical wellness. By experiencing interoception, participants will gain self-compassion to facilitate relating and connecting with others.

*Andrew Neufeld is the Co-Founder, CEO and Clinical Director of Alongside You, Principal at Immerse Consulting, and Clinical Faculty at the University of British Columbia in the Department of Psychiatry. His passion is helping clients increase their resilience so they can thrive.*

*Stefanie Tong has worked with children and families for over 15 years in non-profit, public health, and private practice sectors. It is her joy to use a mind-body approach in joining clients to unfold the innate qualities of emotional expression. Stefanie is currently pursuing a master's degree in marriage and family therapy with continuing education in play therapy and dance/movement therapy.*

**LIMIT: 200 FOCUS: K-12 FORMAT: 10% Lecture 40% Interactive 50% Hands-On**

### F15 Adaptability + Diversity = Lasting Success

In our rapidly changing, globally connected modern world marked by exponential growth and disruption of age-old paradigms, this equation is more important than ever. Dr. Shimi Kang, Harvard-trained psychiatrist, bestselling author, and global social entrepreneur, will dive deep into the science of lasting success and its two key components. The goal will be to help audiences master practical tools to enhance adaptability and diversity in the workplace, classroom, and at home to become future-ready for the inevitable challenges and opportunities that lay ahead.

*Dr. Shimi Kang is an Award-winning, Harvard-educated, psychiatrist, scientist, bestselling author, and speaker on a mission to help individuals thrive in our fast-paced, ever-changing world. By understanding the fundamental principles that guide our behaviour, she believes we can become better leaders, better parents, and better versions of ourselves.*

**LIMIT: 200 FOCUS: 6-12 FORMAT: 70% Lecture 30% Interactive Hands-On**

## F16 Smartphone Filmmaking in the Classroom

Interested in doing a film project with your students but not sure where to begin? This hands-on workshop with The Cinematheque will introduce the basic steps and techniques involved in digital filmmaking, so that you can start shooting films in your classroom! Participants will learn the process of making short films using smartphones and other readily available equipment and software, from pre-production to shooting to editing. Hands-on activities using equipment provided by The Cinematheque will help you make sure your students' videos look and sound great!

**Chelsea Birks** is the Learning & Outreach Director at The Cinematheque, where she has collaborated on a range of programs and events aimed at engaging her community with all aspects of film culture. Chelsea holds a PhD from the University of Glasgow and has taught university film classes in the UK and across the Lower Mainland. Her first book, *Limit Cinema: Transgression and the Nonhuman in Contemporary Global Film*, was published in 2021.

**Thea Loo** is a filmmaker and photographer who graduated with a BFA in Film Production at the SFU School for the Contemporary Arts. She enjoys producing film projects related to her main interests in film which are Asian-Canadianism and religion. At The Cinematheque, Thea works to garner a growing sense of film appreciation in Vancouver by facilitating various filmmaking workshops and other educational projects in film.

**LIMIT: 40 FOCUS: 6-12 FORMAT: 30% Lecture 30% Interactive 40% Hands-On**

## F17 Nature Based Social Emotional Learning

Play in connection to nature can be an incredible tool to enhance personal and community wellness. This Nature's Connection to SEL workshop will use these two wellness strategies of Play and Nature to go deeper. We will explore how, through various facilitation and debriefing methods, the dynamics within nature-based games and activities can provide insights into ourselves, our schools, and our communities. These insights form the foundation of exploring various social emotional learning competencies. We will play, laugh, learn, share, explore, and wonder outside in and around nature.

**Sheldon Franken** has a B.Ed. in Physical Education and a M.A. in Counseling Psychology. Sheldon is a school counsellor for the Vancouver School Board and the workshop facilitator and owner of Inquiry Adventures. Sheldon is known for his activity based and hands-on learning style of facilitation. He has presented workshops and Keynotes on active and experiential social-emotional learning to educational and mental wellness organizations across North America.

**LIMIT: 200 FOCUS: K-12 FORMAT: 10% Lecture 40% Interactive 50% Hands-On**

## F18 You Can Do That?

Participants will learn about the origins of pine needle baskets and work with pine needles too, having the opportunity to create a pine needle medallion necklace which is the same stitch used to create the traditional pine needle basket. Attendees will be able to complete their medallion in the session all while discussing some of the particulars in organizing such activities for groups in schools or community program settings.

**Chris Kelly**, Spèshelewèt, First Nations/Métis, has been with the Alternate Conference for many years as an attendee and a presenter. Chris has been with the Abbotsford school District for over 30 years. 2022 will find her working in School District #34 as a Indigenous Support Worker Mentor.

**LIMIT: 20 FOCUS: K-12 20% Lecture 80% Hands-On**

## F19 Alternate Potpourri

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**LIMIT: 200 FOCUS: K-12 FORMAT: 100% Hands-On**

*Okay, we're begging now!*

Those shy presenters aren't going to introduce themselves, and we know you'd be great at it!

Volunteer to be a session host and get an exhibitor's Gift Certificate as a Thank You.



# Challenge & Change 2023

34<sup>th</sup> Annual Conference

February 15, 16 & 17, 2023 • Sheraton Vancouver Wall Centre • 1000 Burrard Street, Vancouver, BC

## Conference Registration

### Registration Website

[www.bcaea.com/conference.html](http://www.bcaea.com/conference.html)

### Fees

Until December 19, 2022: One Day \$200 Two Days \$275  
After December 19, 2022: One Day \$225 Two Days \$300

Registration includes complimentary continental breakfast(s), The Schmooze, and one year membership in the BCAEA.

### Payment

Paying by credit card is fast, easy, and secure. Know instantly if you got the sessions you want, and print a receipt right away.

### Cancellation Policy

You can cancel your registration yourself by following the instructions in your confirmation email. Credit card refunds typically take 48 hours.

## Hotel Reservations

### Sheraton Vancouver Wall Centre

1000 Burrard Street 1.800.663.9255 or 604.331.1000  
Vancouver, BC reservations@wallcentre.com

### Make/Modify/Cancel Hotel Reservations

Book directly with the Sheraton by going to our event specific link:

<https://bit.ly/3LUckyv>

Room rate per night (Reserve before Jan. 16, 2023, taxes extra)

\$175 Regular room (1 or 2 beds) Single/double occupancy.  
\$235 Family Suite (3 beds) Single/double occupancy.  
Extra registered guests \$30 each.

### Important!

Please note that hotel reservations are made separately from the conference registration. Space fills up quickly, and once the conference block of rooms is gone you will have to pay the non-conference rate so we recommend reserving early. You can cancel your hotel reservation up to 24 hours prior to arrival with no penalty.

## Transportation

### Skytrain (Canada Line)

You have to have a Compass Card to travel on Skytrain. From the airport take the Canada Line to the Yale-Roundhouse stop. Transfer onto #6 Davie bus to Davie and Burrard, then walk a block and a half to the hotel. Or, get off Skytrain at the Vancouver City Centre stop and walk seven blocks to the hotel.

### Taxi

Taxis are available at the airport. Flat rate is \$35 to the hotel. Return rates to the airport vary.

## Parking

### Sheraton Rates

Overnight parking for hotel guests is \$53.38. Hotel day rates are \$14 if in before 8:00 am and out before 6:00 pm, or \$5 for the first hour and \$2 each 1/2 hour after. There are other parking lots nearby with varying rates.

## I Need Help!

Registration Questions?

**Christine Thygesen**, Conference Registrar

email: registrar@bcaea.com

General Conference Questions?

**DJ Pauls**, Conference Coordinator

email: conference@bcaea.com

phone: 604.859.3015

Download PDF conference brochures and register online: [www.bcaea.com/conference.html](http://www.bcaea.com/conference.html)