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1. September- October Workshops for UBC Faculty and Staff (attachment)

*MOST presents the following workshops for September & October 2008 ...
thanks in advance for forwarding this information to any UBC staff or faculty.*

*Also, please see the attached documents for a complete calender of MOST workshop and
a list of FREE workhops and semninars by the Department of Health, Safety and the
Environment*

NEW Reflective life writing online ***NEW***
with Luanne Armstrong

September 30 - November 18, 2008

Location: online

cost: \$130

Human beings learn and grow within a culture of stories, family stories, and cultural stories; anyone who has ever learned a language has learned to construct and tell stories. These stories can be a powerful and important source of understanding and awareness.

Autobiographical writing is a process of reflection and reconstruction that enables individuals to understand how he or she has developed their understanding of the world and themselves in it through the `stories' of their lives.

BEST Workplace Language Program

Tuesdays, September 23 - Dec 9, 2008 2pm - 5 pm

or

Thursdays, September 25 - Dec 11, 2008 2pm - 5 pm

Location: Vancouver Point Grey Site

cost: free

BEST is an English program based on a philosophy that learners become more literate by writing and editing their own texts in a supportive environment. This program will be of interest to employees wanting to learn to write memos, messages or stories with ease, or improve their writing and communication skills to achieve their personal and career goals, whether English is their first or second language.

Email Etiquette

September 29, 2008 9am - 4 pm
Location: Vancouver Point Grey Site
cost: \$130

We all receive many e-mails that are too abrupt, too vague, too long, or just plain unprofessional. It is vital that employees today understand and observe the current standard of professional e-mail etiquette. This workshop focuses on the appropriate ways to communicate and interact using e-mail.

NEW The Gift of Presence ***NEW***
with Avraham Cohen, Ph.D & Heesoon Bai, Ph.D

October 2, 2008 9am - 4 pm
Location: Vancouver Point Grey Site
cost: \$130

This workshop focuses on what mindful awareness is, along with practice opportunities in order to facilitate personal awareness and presence.

Navigating the General Purpose Operating Fund

October 10, 2008 9am - 12 pm
Location: Vancouver Point Grey Site
cost: free

This workshop will provide a practical overview of the budget process through lecture, problems and case studies illustrating how General Purpose Operating Fund budgets are managed at UBC.

Delivering Customer Service Excellence level 1

October 24, 2008 9am - 4 pm
Location: Vancouver Point Grey Site
cost: \$130

This workshop is of interest to staff who want to understand why improving customer service is so important and how they can improve it. As well, participants will review problem-solving techniques related to serving customers and will develop an action plan to support customer service excellence on the job.

Writing Professional Minutes

October 31, 2008 9am - 12 pm
Location: Vancouver Point Grey Site
cost: \$65

This half-day workshop is designed for individuals who have little experience with recording and transcribing minutes during meetings as part of their job responsibilities on boards and working committees. Through individual practice and group work, participants in this workshop will learn skills necessary for correct action (a.k.a executive) and discussion minutes.

To register **online** for MOST workshops follow the links from :
<http://www.hr.ubc.ca/odl/>

(please note you will need your campus wide login to access this system)

or

To register by email forward the information below to mostreg@hr.ubc.ca

Workshop title:

Name:

Employee ID no.:

Email:

To register for seminars by the department of Health, Safety and the Environment go to: www.hse.ubc.ca

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2. Depression Consensus Conference (Early Bird Deadline) – September 10th



[Early Bird
Deadline
September
10, 2008
Register Now
and Save \\$75!](#)

A Consensus Development on

Depression in Adults:

How to Improve Prevention, Diagnosis, and Treatment

October 15 – 17, 2008, The Westin Calgary, Calgary, AB

Conference

The Honourable Michael Kirby (Chair, Mental Health Commission of Canada) will lead a distinguished jury of citizens and experts to develop practical recommendations on how to improve prevention, diagnosis, and treatment of depression in adults.

Expert Chair **Dr. Scott Patten** (Professor of Psychiatry, University of Calgary) will lead a panel of experts in presenting available evidence on depression in adults.

| Jury Members | Expert Speakers | |
|--------------------------------|--|---------------------------|
| Hon. Michael Kirby, Jury Chair | Dr. Scott B. Patten, Scientific Chair | Dr. Phil Jacobs |
| Dr. Penny Ballem | Dr. Glen Baker | Dr. Sidney Kennedy |
| Dr. Roger Bland | Mr. Leonard Bastien | Dr. Raymond Lam |
| Dr. Carolyn Dewa | Ms. Mary Ann Baynton | Dr. Sonia Lupien |
| Ms. Madeleine Dion Stout | Dr. Dan Bilsker | Dr. A. Donald Milliken |
| Dr. Elliot Goldner | Dr. June Bergman | Ms. Shelagh Rogers |
| Dr. Nancy Hall | Ms. Lauren Brown | Dr. Harold Sackeim |
| Dr. Alain Lesage | Dr. Patrick Corrigan | Dr. Eldon Smith |
| Dr. Glenda MacQueen | Dr. Janet de Groot | Dr. David Streiner |
| Dr. Ian Manion | Dr. Keith Dobson | Dr. Angus Thompson |
| Dr. Garey Mazowita | Dr. David Dozois | Dr. Thomas Ungar |
| Mr. Rod Phillips | Dr. Nady el-Guebaly | Dr. Patrick White |
| Ms. Shelagh Rogers | Dr. Vincent Felitti | |
| Mr. Phil Upshall | Ms. Zorianna Hyworon | |

For more information or to read past consensus statements go to:
<http://www.ihe.ca/depression>



BUKSA Conference Management and Program Development
Suite 307, 10328 - 81 Avenue NW
Edmonton, AB T6E 1X2
Telephone (780) 436-0983 Ext. 227
++++ consensus@buksa.com

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3. UBC Centenary Celebrations 2008 Events – Sep. 21st to Sep. 28th (attachment)

The attached summary of Centenary events for September is being sent on behalf of the UBC Office of Community Affairs.

If you have any questions, please contact Nancy Mortifee at 604.827.4285 or email Mortifee@exchange.ubc.ca.

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4. 2008 Health Symposium - A Healthy Footprint

We invite you to UBC Vancouver's 6th annual Health Symposium - A Healthy Footprint -- to be held at the beautiful Chan Centre on October 15, 2008. Complimentary to all UBC staff and faculty, the event commences at 8:30 a.m.

You will have the opportunity to hear nationally renowned and engaging speakers like Linda Edgecombe and Dr. Greg Banwell. You can participate in relevant and informative breakout sessions with various field experts including Dr. Milan Khara, Dr. Joti Samra, Dr. Merv Gilbert, Kathy Lynn, Rowena List, Carol Ann Fried and others. Pick up free products / goodies and be eligible to win great prizes.

On-line registration for the Health Symposium is now open. Please visit <http://www.hse.ubc.ca/health-symposium> for more program information and to submit your registration. While we encourage all departments to be as flexible as possible in supporting leave to attend the symposium, we recognize that operational requirements must be taken into consideration.

To learn more about our ongoing Health Promotion Program's series of free events (monthly seminars, workshops, presentations, and health screenings) including the Healthy Workplace Initiative Fund, please visit us at <http://www.hse.ubc.ca>

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5. 13th Annual Cross-Cultural Mental Health Symposium 2008

Please refer to the attached flyer regarding the event!

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6. Hire an international student through Work Learn!

UBC has newly launched an expanded Work Learn Program, on-campus wage-subsidy program for international undergraduate students. [If you are](#) a Work Study employer, you are already aware of the enormous contributions that students make to the university's programs, research and work environments. By opening up positions that you have already created as Work Study to international students through Work Learn, you have an opportunity to increase the pool of eligible candidates to hire to work on your projects. Additionally, it's very easy to apply; you can use the same information that you used to create a Work Study position for Work Learn. Thanks to a significant increase in funding for the coming academic year, there is an opportunity to create up to 300 Work Learn positions (three times as many as last year).

- Funded by International Student Initiative and jointly coordinated by Career Services & International Student Development.
- Aims of the program:
 - To bring international student perspectives to work placements at the university
 - To enhance students' learning at UBC; and to provide career-building opportunities.
- Wage for international students: \$9.00/ hr
- Wage for regular students: \$13.00/hr
- Maximum hours of work:
 - 10hr/wk
 - 150hr/term
 - 300hr/both terms

All UBC Vancouver faculties, departments and units with a chartfield in the UBC Payroll system may apply to hire students under Work Learn.

- Students must be:
 - international
 - degree-seeking undergraduates studying full-time in one of the participating faculties
 - possession of study permits - valid for at least six months.

More details regarding “How to Apply?”, please visit:

<http://www.students.ubc.ca/facultystaff/wagesubsidy.cfm?page=worklearn>.

For additional questions or to arrange a brief presentation about how Work Learn can benefit your workplace, please contact Tahirih Walsh at tahirih.walsh@ubc.ca or 604.822.1432.

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7. 'Frames of Mind' Vancouver Premiere – Everything is Fine (tout est parfait)– September 17th

The Institute of Mental Health, UBC Department of Psychiatry and Pacific Cinémathèque
present

Vancouver Premiere!

Everything is Fine (Tout est parfait)

Canada 2008. Director: Yves-Christian Fournier Cast: : Maxime Dumontier, Chloe Bourgeois, Normand D'Amour, Jean-Noel Raymond-Jette, Claude Legault



Wednesday, September 17 - 7:30pm

at Pacific Cinémathèque 1131 Howe Street, Downtown Vancouver

Everything is most definitely not fine in this compelling feature debut from Quebecois director Yves-Christian Fournier. Sixteen-year-old Josh (Maxime Dumontier) wakes one morning to learn of the suicide of one of his best friends. Another young man is found dead, and then another - all victims of an apparent suicide pact that leaves four teens dead and Josh the only survivor of this group of five friends. In anguish, but unable to articulate his feelings, Josh retreats from the world around him. A kind-hearted school psychologist cannot reach him at all, and as his relationship with his parents disintegrates, Josh attempts to connect with the father of one of the dead boys. Rebuffed by the despairing man, Josh begins a tempestuous affair with Mia (Chloe Bourgeois), the former girlfriend of one of his friends, but their burgeoning relationship is threatened by Josh's instability. Desperate and feeling completely alone, Josh seeks an early exit of his own . . . Drawing parallels to the work of Gus Van Sant (*Elephant*) and Larry Clark (*Bully*), Fournier's film stands out for its emotive cinematography, clever and seamless use of flashbacks, and truly outstanding performances. *Everything is Fine* premiered at Berlin, and went on to win the Grand Jury Prize in the New Directors Showcase at the 2008 Seattle festival. "Extraordinary . . . the best Quebecois film since *C.R.A.Z.Y.*" (Brendan Kelly, *Montreal Gazette*). *Colour, 35mm, in French with English subtitles. 118 mins.*

Post-screening discussion with **Dammy Damstrom-Albach** and **Judy Davies**.

Dammy Damstrom-Albach, MSW, MA. Dammy has worked with SAFER (Suicide Attempt Follow-Up Education and Research) for 25 years, both as a therapist and more recently as the manager of the program. SAFER is a program of Vancouver Coastal Health that provides counselling and support to people who are suicidal, those concerned about them, or those who have lost a loved one to suicide.

Judy Davies, Child & Adolescent Suicide Clinician with Vancouver Coastal Health, counsels children and youth who present with suicide ideation, and provides youth suicide intervention training. She participated in the Alberta development of "Hope & Healing: A Practical Guide for Survivors of Suicide" which has been adapted to BC, and was on the Advisory Committee for the Center for Suicide Prevention's development of an one-day Youth Suicide Workshop.

Co-sponsored by the **Crisis Intervention & Suicide Prevention Centre of B.C.; Medical Students for Mental Health Awareness; SAFER; and Child & Youth Mental Health Services, Vancouver Community, Vancouver Coastal Health.**

Moderated by **Dr. Harry Karlinsky,** Clinical Professor, Department of Psychiatry, University of British Columbia



Frames of Mind is a monthly film event utilizing film and video to promote professional and community education on issues pertaining to mental health and illness.

For more information, see
http://www.cinematheque.bc.ca/sept_oct_08/frames_of_mind.htm

\$9.50 Adult Single Bill / \$8.00 Senior/Student Single Bill / \$11.50 Adult Double Bill / \$10.00 Senior/Student Double Bill
Advance tickets available at www.cinematheque.bc.ca
24hr Film Infoline: 604 688 FILM

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8. Welcoming New Students to UBC Vancouver

On Sept. 2, we expect 10,257 new undergraduate and graduate students at UBC Vancouver - some of whom are arriving from cities smaller than the UBC Campus. The beginning of the academic year is an exciting time on campus and we invite you to welcome our new students by participating in **UBC's AskMe Program**.

Faculty and staff are encouraged to wear AskMe buttons between Aug. 29 and Sep. 12. If you need a button or a campus map, please drop by Brock Hall and pick one up from the Welcome Centre or the Information Centre in the main concourse.

Find out what's happening on campus

UBC's new source for campus events, UBCevents, allows users to sort and view events by topic, type, or date and to download events to their own calendar via iCal files.

All event planners can register to create their own calendar, share their events, and use RSS feeds to bring this information back to their own website. Watch the site for the regularly updated Spotlight events and Critic's Choice.

www.events.ubc.ca

Top Questions

View the top 10 questions (and corresponding answers) new students ask at:
www.students.ubc.ca/newtoubc/faqs.cfm

If you have questions that are not in this list, please visit the AskMe website at:
www.vancouver.askme.ubc.ca

The newtoUBC site also addresses many of the questions that new UBC students may have. For more information, please visit:
www.students.ubc.ca/newtoubc

Orientation Programs

Information on orientation programs for new students is available at the following websites:

Information on all orientation programs including GALA, AMS Firstweek, and Imagine UBC is available at:

www.students.ubc.ca/newtoubc/orientations.cfm

Transfer and Mature Student Orientations will be held in student-specific groups:

www.students.ubc.ca/newtoubc/orientations.cfm?page=transfermature

Parent Orientations will be offered separately for parents of commuter students, international students, and residence students:

www.students.ubc.ca/parents/orientation.cfm

Student Success publications have been distributed around the campus:

www.students.ubc.ca/success

International Students

For questions from international students, please refer to the International student handbook at:

www.students.ubc.ca/international/handbook.cfm

Or contact an international student advisor.

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The 2008 Cross-Cultural Mental Health Symposium is presented by:
The Cross-Cultural Psychiatry Program, Department of Psychiatry, VGH / Vancouver Community Mental Health Services ~
Provincial Health Services Authority, BC Mental Health & Addiction Services ~ Vancouver Coastal Health
Immigrant Services Society of British Columbia ~ Settlement Orientation Services ~ S.U.C.C.E.S.S. ~ Fraser Health Authority

13th Annual Cross-Cultural Mental Health Symposium

Spirituality & Well-Being

Wednesday & Thursday, October 29 & 30, 2008
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

Symposium Goal:

The goal of the Cross-Cultural Mental Health Symposium is to promote ongoing dialogue between the mental health and addictions system and cross-cultural communities by exploring current issues, potential solutions and promising practices in a dynamic and interactive environment.

Participants Will:

- Discover the profound role spirituality plays in health and healing
- Examine the important relationship between spiritual isolation and addictive drives
- Explore Mindfulness-Based Cognitive Therapy and how it can help to treat depression
- Learn how Supported Self-Management can be applied across cultures in mental health care
- Consider the role of spiritual care at the end of life
- Experience meditation and mindfulness techniques helpful for individuals and groups
- Understand how 12 Step Programs can support recovery from addictions and mental illness
- Learn about innovative promising practices of community-based agency programming in churches & temples
- Have the opportunity to network with the diverse cross-section of symposium participants

Who Should Attend:

All professionals providing services, formally or informally, to immigrants and refugees, and anyone else interested in cross-cultural mental health issues. Immigrants and refugees are also strongly encouraged to attend. *Limited registration bursaries available for refugees, consumers & youth (see registration form for information).*

Featuring:

Dr. Stephen K.H. Aung, “*The Vital Importance of Spirituality in Medicine*”

Dr. Aung will share his compelling insights on the impact of spirituality on healing. In complementary, alternative, and traditional medicine there are three areas called body, mind, and spirit, which have to be well-balanced, aligned, and harmonized for a general state of well-being. The spiritual part of the human body plays a major role in healing and health, so it is essential to understand the spiritual part of the body to achieve better and quicker healing.

Dr. Aung seeks to blend Eastern, Western and natural medicine as a geriatric and family physician and a traditional Chinese medical (TCM) practitioner and teacher. His primary interest is the integration of TCM and Western biomedicine within the context of a more natural and compassionate approach to primary health care for all. Dr. Aung's practice is based in Edmonton, Alberta.

Dr. Gabor Maté, “*The God-Shaped Void: Spirituality and Addictions*”

Based on his newest bestselling book, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Dr. Maté will address how, at the heart of all addictions is a void, a sense of deficient emptiness, of a desperate insufficiency. The addicted human being seeks completion from an outside source, be it through substances or through certain behaviours or through qualities like power or lovability. Whatever the personal origins of that sense of deficiency, the root of it is our separation from the universal. Hence there is direct relationship between spiritual isolation and addictive drives, regardless of personal beliefs or formal religious precepts. As the French philosopher Blaise Pascal maintained, there is ‘a God-shaped void in the human being’, a longing which can only be filled by the Eternal. Despair at the experience of that God-shaped void underlies all addictions.

As the staff physician at the Portland Hotel in Vancouver's Downtown Eastside, Dr. Maté treats many patients suffering from mental illness, drug addiction and HIV, or all three. He is widely recognized for his unique perspective on Attention Deficit Disorder, and his firmly held belief in the connection between mind and body health. He is the author of four books -- When the Body Says No: The Cost of Hidden Stress, and Scattered Minds: A New Look at the Origins, Healing of Attention Deficit Disorder, Hold on to Your Kids: Why Parents Need to Matter More Than Peers (co-authored with developmental psychologist Gordon Neufeld) and has most recently published In The Realm of Hungry Ghosts: Close Encounters With Addiction.



13th Annual Cross-Cultural Mental Health Symposium Spirituality & Well Being

Wednesday & Thursday, October 29 & 30, 2008
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

Day One: Wednesday, October 29, 2008

| | |
|-------------|--|
| 0815 – 0900 | Registration & Breakfast |
| 0900 – 0910 | First Nations Blessing |
| 0910 – 0925 | Welcome: Chris Friesen & Soma Ganesan, Symposium Chairs |
| 0925 – 0945 | Mental Health Service Delivery System: Health Authority Perspectives, Lorna Howes (VCH), Leslie Arnold (PHSA) |
| 0945 – 1100 | Keynote Address: <i>The Vital Importance of Spirituality in Medicine</i> , Stephen K.H. Aung, M.D., Ph.D, O.M.D. |
| 1100 – 1130 | Networking & Refreshment Break |
| 1130 – 1215 | <i>Application of Supported Self-Management for Mood Problems Across Cultural Boundaries</i> , Dan Bilsker |
| 1215 – 1230 | <i>Soma Ganesan Spirit of Hope Award Ceremony</i> |
| 1230 – 1330 | Lunch (provided) |
| 1330 – 1445 | <i>Spirituality & End of Life Panel Discussion</i> , Chair: Rev. Dr. Dale Johnson, Panel Members: Rev. Tatsuya Aoiki, others TBA |
| 1445 – 1515 | Networking & Refreshment Break |
| 1515 – 1600 | <i>Mindfulness, Meditation & Healing for Anyone: Experiential Workshop</i> , Adrienne Ross |
| 1600 – 1645 | <i>Clinical Applications of Mindfulness</i> , Andrea Grabovac |
| 1645 | Reflections & Comments on the Day |

Day Two: Thursday, October 30, 2008

| | |
|-------------|--|
| 0815 – 0900 | Registration & Breakfast |
| 0900 – 0915 | Opening Remarks: Chris Friesen, Symposium Chair |
| 0915 – 1030 | Keynote Address: <i>The God-Shaped Void: Spirituality and Addictions</i> , Gabor Maté, M.D. |
| 1030 – 1100 | Networking & Refreshment Break |
| 1100 – 1200 | <i>Twelve Step Programs: Spiritual Awakening & the Path of Recovery</i> , Larry Depow, MSW, Concurrent Disorder Therapist + Speaker from 12 Step Program |
| 1200 – 1300 | Lunch (provided) |
| 1300 – 1330 | <i>Video: Aboriginal Journey in Mental Health – Walking the Path Together</i> |
| 1330 – 1430 | <i>Indigenous Spirituality & Chinese Medicine Used in the Health Practice</i> , Leoncio Ventura Tebalam |
| 1430 – 1445 | Refreshment Break |
| 1445 – 1500 | <i>Local Promising Practices Working in Churches & Temples</i> , Sherman Chan, Kelly Ng & Chris Friesen |
| 1500 – 1600 | <i>Cultural & Spiritual Lens on Mental “Illness”</i> , Perry Omeasoo & Leoncio Ventura Tebalam |
| 1600 | Closing Remarks |

Thank you to our generous sponsors:

**Provincial Health Services Authority & Vancouver Coastal Health
Lundbeck Canada, Novartis & AstraZeneca**



13th Annual Cross-Cultural Mental Health Symposium Spirituality & Well Being

Wednesday & Thursday, October 29 & 30, 2008
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PROGRAM CONTENT:

Application of Supported Self-Management for Mood Problems Across Cultural Boundaries - Dan Bilsker: One of the most exciting recent developments in mental health care has been the introduction of Supported Self Management (SSM) as a crucial component of the spectrum of care for depression, anxiety and other common mental health problems. A discussion of the issues of applying SSM across cultural boundaries will be presented, together with the introduction of a free self management workbook for depression, developed in British Columbia, that is available in Punjabi, French, and both written forms of Chinese.

Video: Aboriginal Journeys in Mental Health: Walking the Path Together - Introduction by Frank Fung: This compelling documentary provides personal insights from Aboriginal people recovering from depression, bipolar illness and schizophrenia. The important balance between conventional and spiritual approaches to assessment, treatment, and healing for Aboriginal People is well-captured. The documentary's goal was to provide a powerful tool to reach out to this population - one that would assist with education and inspiration along the journey of recovery.

Spirituality & End of Life Panel - Marjorie Girard, Chair: Join our panelists from differing spiritual backgrounds as they consider important issues around spiritual care at the end of life.

Mindfulness, Meditation & Healing for Anyone: Experiential Workshop - Adrienne Ross: Experience the techniques that may be used with individuals and groups. Useful techniques for specific clients and a brief introduction to Mindful-Based Stress Reduction (MBSR) will be provided followed by a "body scan" exercise, a short sitting meditation, ending with a discussion session.

Clinical Applications of Mindfulness - Andrea Grabovac: Explore a technical definition and neurobiology of mindfulness, and learn about Mindfulness Based Cognitive Therapy.

Twelve Step Programs: Spiritual Awakening & the Path of Recovery - Larry Depow & 12 Step Group Member: We witness daily the impact of mental illness and addiction on individuals and their families. Damage to physical health, self-esteem, ability to function, relationships and the very "spirit" of those who suffer can be devastating. In Vancouver and throughout the Lower Mainland there are thousands of people who have found new hope and support through various 12 Step Programs. Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Al-Anon, and Dual Recovery Anonymous are examples of such programs. When health care professionals have an understanding of these programs, they are better able to provide information to clients and support those who are "working the steps" in recovery.

Indigenous Spirituality & Chinese Medicine Used in the Health Practice - Leoncio Ventura Tebalam: Examine the relationship between the body and the mind and how an imbalance in the physiology of the viscera may be the cause of the "chemical imbalance" that is often associated with mental conditions. By understanding the relationship between these two aspects of a being as well and recognizing that a human being is as much physical as he/she is spiritual, and taking into account all of these aspects, true healing can occur.

Local Promising Practices Working in Churches & Temples – Sherman Chan, Kelly Ng & Chris Friesen: Learn about local programs bringing mental health support to churches and temples in the Lower Mainland, fostering the connection between mental health and spirituality.

Cultural Lens on Mental "Illness": Case Study Exercise - Facilitators: Perry Omeasoo & Leoncio Ventura Tebalam

FOR MORE INFORMATION CONTACT:

Janey Chang / Symposium Coordinator / symposium@shaw.ca / Fax: 604.676.2660



13th Annual Cross-Cultural Mental Health Symposium Spirituality & Well Being

Wednesday & Thursday, October 29 & 30, 2008
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

REGISTRATION FORM

STEP 1: PARTICIPANT INFORMATION

Please type or print *clearly!*

First Name: _____ Last Name: _____

Organization: _____ Profession: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Fax: _____

E-Mail: _____

E-Mail is our primary method of contact. If you have an e-mail address, please provide it.

Special Dietary Requirements: _____

We will do our best to accommodate special dietary needs but cannot guarantee it.

STEP 2: REGISTRATION FEES

BEFORE OCTOBER 1, 2008:

- \$155 – Regular Registration Fee
- \$105 – Vancouver Coastal Health, Provincial Health Services Authority & Fraser Health Authority Employees
- \$65 – Reduced Rate (students, not-for-profit organizations registered with the *BC Societies Act*, sponsorship agt holders)
- Bursary for refugees, consumers, and youth
**A limited number of bursaries are available for refugees, consumers, and youth on a first-come-first-served basis. You will be notified of your acceptance. Those who are not accepted will be required to pay the \$65 Reduced Rate.*

AFTER OCTOBER 1, 2008:

- \$170 – Regular Registration Fee
- \$120 – Vancouver Coastal Health, Provincial Health Services Authority & Fraser Health Authority Employees
- \$80 – Reduced Rate (students, not-for-profit organizations registered with the *BC Societies Act*, sponsorship agt holders)

Cancellation Policy: Full amount less a \$25 administrative fee will be refunded if cancellation is requested, **in writing**, prior to October 14, 2008. No refunds will be granted after October 14, 2008, however substitute registrants are welcome. **A \$25 fee will be charged for NSF cheques.**

STEP 3: SUBMIT REGISTRATION FORM & PAYMENT

- Cheque Enclosed Cheque/Cash On-Site Cheque to be Mailed Please Send Invoice

Cheques payable to CROSS-CULTURAL MENTAL HEALTH PROGRAM, VGH
c/o Janey Chang, Symposium Coordinator
#103 – 240 Mahon Avenue, North Vancouver, BC V7M 3H4

FOR MORE INFORMATION CONTACT:

Janey Chang / Symposium Coordinator / symposium@shaw.ca / Fax: 604.676.2660

Upcoming free seminars

Department of Health, Safety and Environment



2008 Health Symposium – A Healthy Footprint

October 15.

Please mark your calendars. The 2008 Health Symposium – A Healthy Footprint – will be held **October 15, 2008**. More details coming soon.



What Everyone Needs to Know About Cholesterol

September 12, 12 – 1 pm.

Where does cholesterol come from? How can it harm you? Are you at risk? Find out the answers to these questions and more at our cholesterol and metabolic syndrome seminar.



Responding With Respect: A mental illness first aid course

September 24 & 25, 8:30 am – 4:30 pm (two-day course).

Similar to CPR, mental illness first aid is meant to reduce harm and save lives in those individuals who are living with an untreated mental illness. Pick up this lifesaving skill at our two-day workshop.



Cardio Cardiac Health Screening

September 23 & 24, 2008, 8:00 am - 4:45 pm (15-minute screenings).

Health screening is for everyone – the fit and the unwell. Receive a free personal health risk assessment and get your blood pressure, pulse, and total blood cholesterol tested.



UBC Research Goes Green

October 22, 1 – 2 pm.

Want to “**GREEN**” your research? All UBC faculty and lab personnel are invited to learn about the practices, products and services available that are geared to help your research go green. Register at: http://www.hse.ubc.ca/crs_reg. A light lunch will be served to those who register by October 15, 2008

For full details on all our seminars visit www.hse.ubc.ca

MOST Program: Professional Development Workshops for the UBC Staff & Faculty

| September 2008 | | | | |
|---|---|---|---|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| To register online go to: http://www.hr.ubc.ca/odl/index.html Please contact Jenna or Jackie at 822-9644 or mostreg@hr.ubc.ca if you have questions. Workshops presented by UBC Human Resources, Organizational Development and Learning: http://www.hr.ubc.ca/odl/index.html | | | 4 | 5 |
| 8 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 9 | 10 <u>Human Resources Management Training</u> 1:00- 4:00, free | 11 | 12 |
| 15 | 16 | 17 <u>Yamuna Body Rolling</u> 12pm- 1pm \$80 (an 8-week session) | 18 | 19 |
| 22 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 23 <u>BEST workplace language program</u> 2:00- 5:00, free (12-week program) | 24 | 25 <u>BEST workplace language program</u> 2:00- 5:00, free (12-week program) | 26 |
| 29 <u>Email Etiquette</u> 9am- 4pm \$130 <u>PC Coordinator Training</u> 9:30- 12:00, free | 30 <u>Autobiographical Writing Online</u> Online, \$130 (an 8-week series) | | | |

MOST Program: Professional Development Workshops for the UBC Staff & Faculty

| October 2008 | | | | |
|---|---------|-----------|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | 1 | 2 <u>The Gift of Presence: theory and practice of mindfulness</u> \$130 | 3 |
| 6 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 7 | 8 | 9 | 10 <u>Navigating the General Purpose Operating Fund</u> 9am-12pm, free |
| 13 | 14 | 15 | 16 | 17 |
| 20 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 21 | 22 | 23 <u>Power of Communication</u> 9am- 4pm \$130 | 24 <u>Delivering Customer Service Excellence</u> 9:00 am - 4:00 \$130 |
| 27 <u>PC Coordinator Training</u> 9:30- 12:00, free | 28 | 29 | 30 | 31 <u>Writing Professional Minutes</u> 9am – 12pm, \$65 |

MOST Program: Professional Development Workshops for the UBC Staff & Faculty

| November 2008 | | | | |
|---|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | | |
| 3 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 4 <u>Developing an E-folio</u> 1pm-4pm, \$195 (three week series) | 5 | 6 | 7 |
| 10 | 11 <u>Developing an E-folio</u> 1pm-4pm (week 2) | 12 | 13 | 14 |
| 17 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 18 <u>Developing an E-folio</u> 1pm-4pm (week 3) | 19 <u>Moving from Peer to leader</u> 9:00-4:00pm, \$195 | 20 <u>Cultivating Intuition</u> 9am-12pm, \$65 | 21 |
| 24 <u>PC Coordinator Training</u> 9:30- 12:00, free | 25 | 26 <u>Resolving Conflict in the Workplace</u> 9:00-4:00pm, \$160 | 27 | 28 <u>Selection Interviewing</u> 8:30am-4:30pm, \$75 |

MOST Program: Professional Development Workshops for the UBC Staff & Faculty

| December 2008 | | | | |
|---|---|---|---|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 2 | 3 <u>Communicating with Compassion</u> 9am-4pm, \$130 | 4 | 5 |
| 8 <u>Human Resources Management Training</u> 1:00- 4:00, free | 9 <u>Navigating the University Research Process</u> 9:00- 12:00, free | 10 <u>Moving from Peer to leader 2</u> 9:00-4:00pm, \$195 | 11 | 12 |
| 15 <u>Purchase Cardholder Training</u> 10:00- 12:00, free | 16 | 17 | 18 | 19 |
| 22 <u>Purchase Cardholder Training</u> 9:30- 12:00, free | 23 | 24 | 25 | 26 |
| 29 | 30 | 31 |  rganizational Development & Learning | |