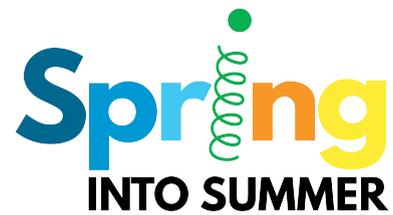


# Healthy Minds, Healthy Camp

## Tuesday, April 20, 2021



A healthy mind is going to be essential in making Summer 2021 a success. From campers and staff to parents and directors, you'll walk away with tangible tools and helpful insights so everyone in your camp community feels prepared for the summer.

Time	About the Presenter	Topic
10:00 -10:30 a.m.	<p><b>Emma Fogel, MSW</b></p> <p>Emma Fogel is a Registered Social Worker with a Master of Social Work from the University of Toronto. Her passion and professional mission is to support kids, teens and parents through challenging life moments. She has extensive clinical experience working with individuals and their respective support systems in home, hospital, educational and community-based settings.</p> <p>Emma is a Cognitive Behavioural Therapist, with additional certifications in Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder and pediatric grief. In addition to her clinical work with individuals, youth and families, Emma provides mental health-informed training and webinars for educational, recreational and corporate groups throughout Ontario.</p>	<p><b><i>Camp during COVID; Giving "DO-OR-DIE" A Whole New Meaning</i></b></p> <p>Emma's presentation, <i>Camp during COVID; Giving "DO-OR-DIE" A Whole New Meaning</i>, will address how camps can prepare for their communities' mental health and essential emotional care amidst the ongoing pandemic. Emma will be providing psychoeducation through emerging evidence-based research, clinical observations from her frontline work with her clients and families, in addition to mental health recommendations to support thoughtful camp preparation for summer 2021.</p>
<p>10:45 -11:15 a.m.</p> <p><b>Choose your session</b></p> <p><b>Room One</b></p>	<p><b>Dr. Susan Woolhouse</b></p> <p>Susan Woolhouse a family physician with over 17 years working with children, teens and families. She has particular expertise in end of life care, medical assistance in dying, substance use, mental illness and suicide. In addition to her primary care practice in Toronto, she has a grief counselling practice for children and teens. Susan spent her teen years working at summer camps and met her husband of 23 years at Camp Couchiching.</p>	<p><b>Big feelings in a safe place: How to make your camp grief literate.</b></p> <p>By the end of Susan's session, participants will:</p> <ol style="list-style-type: none"> <li>1. Be able to define grief and differentiate it from homesick</li> <li>2. Understand the incredible opportunity camp provides for children and teens to grieve their losses openly</li> <li>3. Have basic skills to support someone who is grieving (eg helpful things to say/do, what not to say, bearing witness versus fix it trap)</li> <li>4. Consider adding question about significant losses to camper intake forms</li> </ol>

<p>10:45 -11:15 a.m.</p> <p><b>Choose your session</b></p> <p><b>Room Two</b></p>	<p><b>Sabrina Cooper</b></p> <p>Sabrina is a Certified Culinary Nutrition Educator and is the founder of Nurish Well and The Nourish Well Community Project, a not-for-profit charity, which brings healthy food initiatives to youth in low-income communities. She is also a Registered Dental Hygienist with a Bachelors degree in Oral Health Promotion. Sabrina has completed certifications in Mindfulness Meditation and Mindful Eating. She is an active volunteer with the St. John Ambulance Therapy Dog program and is the President of the Brillo de Sol USA organization which provides support to the school in Guatemala providing education for underprivileged children with learning and behavioural concerns.</p> <p><a href="#">Instagram</a> <a href="#">Facebook</a> <a href="#">Email</a> <a href="#">Website</a></p>	<p><b>The Mind Gut Connection 101: What This Means for You at Camp</b></p> <p>In this introduction to the mind/gut connection, you will gain an understanding of why the saying, “I have that gut feeling” holds true. How and what we fuel our bodies with have a great impact on our mind and gut health. Learn what you can do to feel more focused, energized and less sluggish by just tweaking your dietary habits along with a simple breathing technique.</p>
<p>11:30 a.m. - 12:00 p.m.</p> <p><b>Choose your session</b></p> <p><b>Room One</b></p>	<p><b>Emma Fogel, MSW</b></p> <p><i>See bio above.</i></p>	<p><b>In Conversation with Emma Fogel</b></p> <p>You saw her at the OCA's #planforcamp Online Campfire event and now you have the opportunity to ask her any burning questions you have. Emma will guide us and give her professional input.</p>
<p>11:30 a.m. - 12:00 p.m.</p> <p><b>Choose your session</b></p> <p><b>Room Two</b></p>	<p><b>Rachel Kent</b></p> <p>Rachel has a strong affinity for things that start with the letter C – camp, CrossFit, coffee, canines and community. Rachel most recently spent the last 6 summers directing in Ontario, Canada. She is a strong believer in listening before speaking and seeking out those whose life experience differs from hers. <a href="#">LinkedIn</a>.</p> <p><b>Cassie Bloy</b></p> <p>Cassie identifies as a ‘young’ camp pro, she quickly discovered that she has a passion for assisting others, staff and beyond, in developing their skills, ideas and programs. Camp is where she discovered her true self and discovered that she is not only a quiet, shy person but the person who she wanted to be and found through camp.</p>	<p><b>Connecting with your identity beyond camp</b></p> <p>Discover what exploring different parts of your identity looks like and how it can help you connect with not only yourself but your campers and staff. Learn how to lean into different identities in different seasons and explore how caring for yourself will allow you to be more than a camp pro this summer. Hear from two camp pros, like yourself, who have been through the struggle of discovering themselves Beyond Camp and hear about what worked, what didn't work and how we can create a plan that will allow you to be more than a camp pro this year.</p>

<p>12:15 -12:45 p.m.</p> <p><b>Choose your session</b></p> <p><b>Room One</b></p>	<p><b>Jess Pelow, Nature Camp Consultant</b></p> <p>Jess has been formally practicing meditation for 6 years and has received the 5 Mindfulness Trainings in the Plum Village Tradition from Blue Cliff Monastery in 2018. In addition to her teaching and environmental studies degrees, Jess also has a certificate in Applied Specialization of Mindfulness Meditation from the University of Toronto's School of Continuing Studies. After a decade of working at camps and in other outdoor education settings, she now works at Sandy Pines Wildlife Centre where she teaches children how to offer compassion to our wildlife family.</p>	<p><b>Mindful Discipline: Navigating Tears, Fights, and Big Emotions with Kindness and Compassion.</b></p> <p>Campers are not always happy and that's ok! Learn how to embrace their feelings, build their self-esteem, and thoughtfully resolve conflicts, all the while staying calm and present amidst the camp chaos. You will come away with specific discipline strategies and mindfulness practices to support you in a camp setting.</p>
<p>12:15 -12:45 p.m.</p> <p><b>Choose your session</b></p> <p><b>Room One</b></p>	<p><b>Cassidy Martin</b></p> <p>Cassidy Martin is a full time TRO certified Recreation Therapist currently working in long term care. She is passionate about mental health and working with people. She has been working in camps since she was 14 years old. She has held several senior leadership roles at Camp Tamarack and is returning for her 6th summer as a Unit Head for the 13-14 year old campers.</p>	<p><b>An Empathetic Approach To Summer 2021</b></p> <p>Understanding the difference between sympathy and empathy can help us better navigate emotional situations. This understanding allows us to better support those around us who are struggling, by giving us a guideline to navigate big emotions. The pandemic has been a trying time for many people and has certainly affected those in the OCA community. Many people in our camp community have undoubtedly been facing uncomfortable and unfamiliar situations. Sharing our feelings can be difficult, even in the best of times. This session has been created in the hopes of providing an opportunity to learn more about the positive impact of an empathetic approach.</p>
<p>1:00 - 1:30 p.m.</p>	<p><b>Samantha Greenberg, RN Camp Trillium</b></p> <p>Samantha has been a registered nurse for seven years, working in Child and Youth Mental Health. She joined Camp Trillium in 2009, and in 2016 became the full-time Nursing Manager, spending full summers at camp. Samantha has joined McMaster Children's inpatient oncology team. When she's not working, she loves being outside and going for hikes with her dog.</p>	<p><b>Managing Anxiety</b></p> <p>This session will focus on anxiety in adolescents and young adults, review how anxiety can present itself, and ways we can support campers and staff for success, while empowering camps to safely manage some of these symptoms. Practical strategies to help support staff through moments of stress and anxiety will also be discussed!</p>

1:45 - 2:15 p.m.

**Dr. Denise Paneduro**

Dr. Paneduro is an Assistant Professor at the Dalla Lana School of Public Health University of Toronto, and Head of Research at Mindful Gateway. She provides expertise in strategic planning and implementation, and customized design, delivery, and evaluation of evidence-based mindfulness programs to foster personal and professional development, improved interpersonal relations, compassionate leadership, and systemic resilience within healthcare, education, community, and corporate sectors. Dr. Paneduro currently serves as Chair of the Mindfulness Toronto Professional Community Steering Committee and Advisor for several committees including: University of Toronto School of Graduate Studies Mental Health Advisory Committee, University of Toronto School of Continuing Studies Mindfulness Certificate Program, and A Mindful Society Advisory Council. Her scholarly work is devoted to advancing contemplative science, education, and preventative healthcare strategies to promote health among youth, families, and communities facing challenges in mental health and substance misuse, and chronic disease. As an avid educator, Dr. Paneduro develops workshops and courses on mindfulness and mental health, program assessment and evaluation, and chronic disease prevention and management across the lifespan. Her primary aspiration is to reenvision public healthcare and education and promote systemic change by encouraging an integrated, inclusive, and accessible approach to health and well-Being.

[LinkedIn](#).

**Cultivating Mindfulness to Alleviate Stress among Camp Managers and Leaders**

Join Dr. Denise Paneduro to discover how distracted attention and stress impacts our physiology and workplace performance. Be inspired by the scientific evidence demonstrating the benefits of mindfulness to strengthen focus and attention, emotion regulation, communication, and connection. Engage in an experiential mindfulness meditation practice that you can integrate independently or as a team at work to calm the mind, reduce stress, and foster unity during times of uncertainty and transformation.