



CULTIVATING WELLNESS

A GATHERING FOR HUMANS IN ANIMAL WELFARE

SCHEDULE AT A GLANCE

Friday, April 28

7:30-9:00	<i>Breakfast & Registration</i>	
9:00-9:15	<i>Welcoming Remarks</i>	
9:15-10:45	"If boundaries were easy, we'd all set them": Chronic stress, befriending the nervous system, and the myth of the easy boundary	Erin Wasson, BSW, MSW, RSW
10:45-11:00	<i>Coffee Break, presented by Saskatchewan Veterinary Medical Association</i>	
11:00-12:00	Mindfulness: Principles and Practices for Animal Care Professionals	Trisha Dowling, DVM
12:00-1:00	<i>Lunch</i>	
1:00-2:30	Conversations on Grief and Loss: Practices for living a human life	Anna Maria Buhr, MSW, RSW, & Ruth Eliason, BMT
2:30-3:00	<i>Coffee Break, presented by Humane Canada</i>	
3:00-4:00	Helping you find your financial gait	Jillian Carr, BFA, CHS
4:00-5:00	Bystander Workplace Training	Nicole White, Enough Already
5:00-5:15	<i>Closing Remarks</i>	

Saturday, April 29

7:30-9:00	<i>Breakfast & Registration</i>	
9:00-9:15	<i>Welcoming Remarks</i>	
9:15-10:30	Embracing our Differences: Diversity and Inclusion in a Veterinary Context	Dr. Savannah Howse
10:30-10:45	<i>Coffee Break, presented by Saskatchewan Veterinary Medical Association</i>	
10:45-12:00	Effective Workplace Response to Intimate Partner Violence	Jo-Anne Dusel & Crystal Giesbrecht, PATHS
12:00-1:00	<i>Lunch</i>	
1:00-2:30	Becoming Trauma-Informed: Reducing Barriers to Connection and Promoting Resilience	Erin Beckwell, MSW, RSW (SK)
2:30-3:00	<i>Coffee Break, presented by VIDO</i>	
3:00-4:00	Queer in Vet Med: A Practitioner's Perspective	Dr. Rebecca Mycock, DVM & Dr. Leo Perlinger, DVM
4:00-5:00	The Process of Talking it Out: Defusing and Debriefing After Critical Incidents	Ashley Westgard, BSW, RSW
5:00-5:15	<i>Closing Remarks</i>	