



## **Connecting Cultures**

*Health and Social  
Development Training &  
Project Management*

# **Professional Development Courses, Conferences, & Youth Programs**

January - April 2010

Course and conference dates inside



### **Courses & Conferences for Thriving**

- Youth Leadership Conference
- Parenting Conference
- Connecting Cultures - Diversity Engagement for Organizations
- Anti-Bullying & Youth Leadership Programming
- Community Development in Canada
- The Art of Unleashing Your Potential
- Overcoming the Obstacles

***“Connecting Together to Build a Brighter Future”***

**[www.healthandsocialdevelopment.com](http://www.healthandsocialdevelopment.com)**



## ***A Message From the Founder of Connecting Cultures***



Tawnshi! (*Hello!*)

A new cycle begins as the hug of the darkness settles in for the winter and we start to germinate our dreams for this new year. Connecting Cultures is please to bring to you this cycle new courses, conferences, and exciting youth programs.

New course this turn will support your business or agency to benefit from the visible and non-visible cultural diversity of your employees and consumers. Other courses will help renew your energy for life through providing creative opportunities for wonderful surprises of personal wellness and overcoming the obstacles in life.

Connecting Cultures is also bringing two new conferences this new year. One will provide professional insight, motivation, and direction for parents of teenagers. The *Youth Leading Change Through Multi-Media Conference* will provide an exciting platform for youth 15 - 24 to engage with multi-media techniques to facilitate powerful change in their schools and communities.

Connection Cultures wants to support your school, band, or agency in any questions around program/strategic planning i.e.. proposal writing and human resource issues, youth and families, health and wellness, cultural diversity in the workplace, addiction, mental health, and community development. Give me call or drop me an email and let me know how Connecting Cultures can support and sustain the health that you desire for yourself, agency, and community.

All the Best,

Romy Pritchard,  
*President, Manager & Trainer*

# Connecting Cultures’ approach to building healthy services and communities

## **Inclusive cultural learning**

Connecting Cultures is built on the philosophy of working together from across diverse cultures. With the current issues we face regarding health, social issues, economics, and limited resources on our planet we are all effected. Connecting Cultures works to create respectful opportunities for listening and learning from each other to find ways to work together to solve current problems. If you have cross cultural projects or want professional **consultation, phone 250-920-0373.**

## **Invigorating training**

A cornerstone for Connecting Cultures is **health and social development training.** Training that is based on current research, better practices, and is facilitated for personal growth. Training is developed and tailored for each agency, profession, and community. Practices change, communities grow, new services are needed and Connecting Cultures provides this training. If your agency, business or community is in need of developing **new training** contact **[romy.pritchard@ccultures.com](mailto:romy.pritchard@ccultures.com)** to design a workshop for you.

## **Solutions built on innovative wisdom**

Just as we need to learn from each other to grow, Connecting Cultures consults to build new programs and services through learned wisdom combined with innovative problem solving. Creativity is the source of inspiration to look at difficulties with new eyes. Wisdom is the process of applying these creative ideas. Connecting Cultures would like to work with you on building your **new project or program.** To view other projects Romy Pritchard has helped develop visit:

**[www.healthandsocialdevelopment.com](http://www.healthandsocialdevelopment.com)**



## Conferences

### Engaged Parents - Raising Teens Today.

This mini conference will inspire parents and caregivers through the insight shared by professionals in the education field, youth and family counselling fields, and community development fields. Come a hear



from dynamic speakers as they share their years of experience working with parents and young people. These colleagues not only bring you their expertise from their professions they also have “trench training” with raising their own young people. Themes of this conference include:

- Balancing professional life and your parenting life.
- Parenting teens with through tough issues eg. Mental illness, substance use, suicide ideations.
- Parenting through difficult family relationships and life circumstances.
- Staying together - how to connect with your partner or other significant people in your life as you parent through the teenage years.
- The top 5 most helpful parenting tips.

At the end of the three presentations there will be a small a forum with all three presenters. Questions from parents and caregivers will be answered by the presenters.

### Conference Date, Location & Fees

Conference Fee: \$52.50 (\$2.50 GST).

March 19th 5:45 pm - 9 pm; Camosun College - Landsdown Campus

Registration and payment must be received two weeks before conference date.

**VISA and MasterCard accepted.**

## Conferences Continued

### **\*\*Youth Leading Change Through Multi-Media.**

This Youth Conference will focus on sharing leadership skills with young people 15 - 24. Facilitators through workshops will discuss how to identify key issues in your life or community, empowering ourselves to use our own resources for change, creating networks of support and resources, and learning different multi-media techniques. Some of the multi-media techniques will include music, spoken and written word, video and claymation. In a fun and safe



learning environment participants make life-enriching discoveries through an engaging series of workshops of arts-based games, activities, and exercises. In combination with teaching metaphors, participants will be encouraged and supported to share their ideas and learning. Day One of the Conference will focus on:

- Enhance creative thinking abilities.
- Promote self-expression and reflection.
- Encourage creative risk-taking.
- Explore various types of media to promote youth voices and messages for change.

Day two of the Conference will provide hands on opportunities to create change messages through the various media presented in day of video, music, spoken/written word, and claymation and how to apply your messages in the community.

*\*\*If you are interested in bringing this program to your community please contact Connecting Cultures at 250-920-0373.*

### **Conference Date, Location & Fees**

Conference Fee: \$126 (\$6 GST and Lunch Included).

March 20th - 21st, 10:45 am - 4 pm; Camosun College - Landsdown Campus

Registration and payment must be received two weeks before conference date.



## Professional Development

### Connecting Cultures - Diversity Engagement for Organizations

As a multicultural workplace become a norm it is important that employers have the skills and resources for sustaining safe working environments, managing human resources effectively, and creating working environments that celebrate the similarities of employees. This environment will foster creative solutions and positive conflict resolution. As a participant you will look at the changing demographics, the value of a multicultural workplace, the impact of values on decision making, first impressions and subtle discriminations, and leading and supporting diversity in your workplace.

#### Course Fees, Dates and Location

Course Fee: \$118 GST & Lunch included.

January 28th 8:45 am - 4 pm; Address TBA, Victoria, BC

Registration and payment must be received two weeks before course date.

### The Art of Unleashing Your Potential

This workshop is about being able to smile and laugh in your life more. It is also about having more energy to do those things that you want to do. We all get stuck and sometimes need a different avenue to get our juices flowing again. In this workshop you will be invited through various art activities to explore where your at now and what you would like to be and do. Through engaging in personal art in a fun and safe environment exploration of your creativity is increased. Creativity allows for more fluid and flexible problem solving. Art bypasses our typical and sometimes stuck patterns of thinking and feeling. Art play helps us to access new and different ways of being, releases and reduces stress, and becomes a source for potent healing.

#### Course Fees, Dates and Location

Course Fee: \$126 GST, art supplies & lunch included

**February 13th or April 10th** 9:45 am - 4 pm; 3851 Saul St., Victoria, BC

Registration and payment must be received two weeks before course date.

## Professional Development Continued

### Community Development in Canada

This workshop will provide participants with the key elements in community development in Canada. The elements of community development that will be discussed include historic roots in Canada, various perspectives, building relationships, the process of community development and skills for working in communities. Participants will be encouraged to share stories of their own experience in community. Other examples will be shared from across the nation. This workshop will be inspiring for anyone who is interested in learning more about the process of community development and supporting communities in positive change.



### Course Fees, Dates and Location

Course Fee: \$118 GST and lunch included.

April 11th 9:45 am - 4 pm; Address TBA, Victoria, BC

Registration and payment must be received two weeks before course date.

### Overcoming the Obstacles

Ever feel that the odds are stacked against you? Having difficulties finding direction in life? Is your life circumstance getting you the best of you? This workshop will provide participants new inspirations and tips for dealing with what life throws at you. There are tried and true methods of fostering your own resilience, finding joy and happiness, and achieving those goals that you have. It does not matter what your life circumstances are now in this workshop you will discover ways to move beyond what is holding you back. If you have a desire for health and wellness, success, great relationships, and inner happiness don't miss this power boosting workshop.

### Course Fees, Dates and Location

Course Fee: \$52.50 GST included.

**February 16th or April 20th** 5:45 pm - 9 pm; Address TBA Victoria, BC

Registration must be received and paid for one week before course date.



## Youth and Community Programs

### **“YOU BELONG HERE” Youth and Community Leaders Unite for An Anti-Bullying Program**

Connecting Cultures is partnering with Beatboard Education and Training ([www.beatboard.org](http://www.beatboard.org)) to deliver this interactive, experiential and educational program called, “YOU BELONG HERE”.



This program is an anti-bullying program that provides training for adolescent leadership development. “YOU BELONG HERE” will provide opportunities for intergenerational and culturally diverse adults and youth to work together on creating community change towards tolerance and belonging. This comprehensive program will help reduce anti-social behaviour such as bullying and will enhance interpersonal acceptance and other positive social skills within schools and communities.

Parents, community members, and school personnel will be trained along side youth to support and provide resources for young leadership and safe environments. Connecting Cultures and Beatboard will work with school administrators, school personnel, supportive community adults, and parents to promote existing adolescent skill development and inspire innovative proactive youth engagement.

This program is delivered in three different phases to facilitate concrete changes and sustainable resources within schools and communities.

**For program details on “YOU BELONG HERE” or consultation on delivering this program in your area contact [romy.pritchard@ccultures.com](mailto:romy.pritchard@ccultures.com) or (250) 920-0373.**

**Registration Form**

To Register Fax or Mail  
this Form to:  
Fax: 250-920-0370

Mail: Connecting Cultures  
3851 Saul St., Victoria, BC  
V8X 1S4

**Course/Conference Title**

**Course Date** \_\_\_/\_\_\_/10

**Course/Conference Title**

**Course Date** \_\_\_/\_\_\_/10

**Payment** (*Registration must be prepaid two weeks prior to course/conference date.*)

Please circle the method of payment

Cheque Enclosed\*



Visa



MasterCard

\* Payable to Connecting Cultures

Total Payment: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

**Refund and Cancellation Policy:** Full refund if notice is received 10 business days before the workshop. Connecting Cultures reserves the right to cancel or reschedule workshops, refuse admission, or change speakers, location, or content.  
GST # 803945559



## Fees for Service

**Connecting Cultures provides full consultation and training services.**

Services are provided to community groups, agencies, schools, businesses, Aboriginal governments and non-Indigenous governments

**Specialty consultation & training services include:**

- Diversity Training
- Addiction
- Mental Health
- Prevention and Health Promotion
- Indigenous Child Welfare
- Strategic Planning & Proposal Writing
- Human Resources
- Youth and Family Programming

### **Contract Fee structure\***

Consultation Rate: \$50/hr + GST

Trainer per day: \$1000 + GST

Curriculum/Resource

Development & Proposal Writing: \$50/hr + GST

*\*Extra Costs include printing of resources, travel, accommodations, meals, refreshments for training events and Elder consultations.*



Visa and MasterCard Accepted

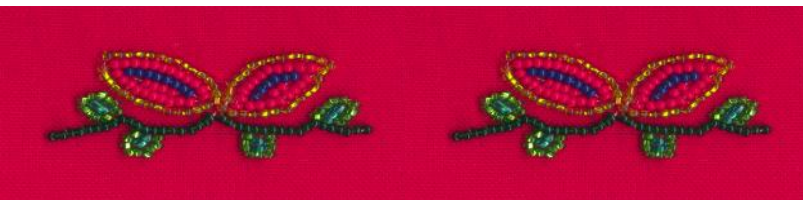


## About Romy Pritchard

Romy Pritchard is a Red River Metis woman. Ms. Pritchard holds Double Bachelor of Arts degrees in Human and Social Development and Fine Arts and has post graduate training in Art Therapy.

As an artist Romy Pritchard works in clay, stone, paint, and other mixed media. She has shown in local art shows with her work winning awards.

Ms. Pritchard also has worked in the human and social development field with at risk children, youth, and families the last twenty years. In the last decade she has specialized in prevention of addiction, mental health promotion and community development around such issues of health, employment, and child, youth and family programming.



***Does your organization need training yet is financially in a crunch? Connecting Cultures offers free training several times to organization in need throughout the year. If your organization would benefit from training offered by Connecting Cultures but can not afford it write a letter to Connecting Cultures detailing the organizations commitment to employee wellness, community services, and the type of training desired. Extra costs such as travel or food for training will need to be covered by your organization. All requests will be responded to.***

***“Connecting Together to Build a Brighter Future”***  
**[www.healthandsocialdevelopment.com](http://www.healthandsocialdevelopment.com)**



**Connecting** *Health and Social*  
**Cultures** *Development Training &*  
*Project Management*

3851 Saul St.

Victoria, BC V8X 1S4

[www.healthandsocialdevelopment.com](http://www.healthandsocialdevelopment.com)

Phone: 250-920-0373

Fax: 250-920-0370

E-mail: [romy.pritchard@ccultures.com](mailto:romy.pritchard@ccultures.com)