



Spiritual Development Day – December 6, 2019
Afternoon Workshop Selections (as of Nov. 13, 2019)

<i>Workshop Title</i>	<i>Description</i>	<i>Location</i>
Equity: Building Capacity for LGBTQI2S+ Students	Jesus was a man who welcomed, accepted and celebrated all people. This workshop will offer practical strategies for how to support some of our most vulnerable students, those who identify as LGBTQI2S+ Facilitated by Joan Grundy	Monsignor Doyle
Equity: Building Capacity for LGBTQI2S+ Students	Within the Catholic context, this session introduces participants to the LGBTQI2S+ language and the realities facing these students. Developing skills and tools to make our schools and classrooms safer and more inclusive will be punctuated with facilitated discussions and scenarios that allow practice in promoting human dignity and safer space, and resources that create a positive climate for all. Ontario Catholic educational resources and pastoral practices are emphasized. Facilitated by Kevin Welbes Godin	St. David
Equity: Restorative Justice	Restorative circles provide a way to bring people together to build relationships and community, have difficult conversations, to work through conflict or differences. Circles are based on an assumption of positive potential – that something good can always come out of whatever situation we are in. Circles also assume that no one of us has the whole picture – that it is only by sharing all of our perspectives that we can come closer to a complete picture. Facilitated by Community Justice Initiatives	Resurrection
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Equity: Special Education & Autism	In this session, participants will have the opportunity to hear Michael Jacques, author of Can't Read, Can't Write, Here's My Book, speak about his experiences as a young adult with autism and an intellectual disability. "Michael, who never surrenders to the idea of "can't," speaks about topics such as learning, inclusion, advocating, independence, and the power of perseverance. His insights and views on the world are equal parts heartbreaking and inspiring. Through his witty and positive voice, Michael offers a glimpse on what it's like to be him." https://www.heresmybook.com/ Facilitated by Michael Jacques	St. Mary's
Equity: Storytelling - Reflections of Salt & Light	This workshop will focus on the importance of understanding the richness that comes from our diversity through the power of deep reflection as well as the different ways of telling a story. Drawing from the stories of those who have been, or who are still connected to our system, we will invite participants to think about their own story with vulnerability and openness as a way to foster inclusion and empathy. Inspired by Matthew 5:13-16, which reminds us that we are called to be the light as well as the salt of the Earth, and by the breathtaking images of the Salt Flats in Bolivia where the entire sky is reflected on the salt flats, we offer a workshop that will show the power and the beauty of seeing ourselves in each other.	Monsignor Doyle

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<p>Equity: unlearn</p>	<p>This workshop assists participants to develop and implement Culturally Responsive and Relevant Pedagogy (CRRP) by applying an equity lens to important social justice and human rights issues. This is an interactive and experiential learning opportunity for participants to develop new skills. Participants will embark on an in-depth journey through the concept of “unlearning” by examining our unconscious biases, beliefs, and conditioning. Facilitated by unlearn https://unlearn.com/</p>	<p>Monsignor Doyle</p>
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<p>Faith: Christian Meditation</p>	<p>This workshop is an opportunity for participants to become familiar with the practice of Christian Meditation, meet Jesus in the silence of their hearts, rest and relax, and escape from cell phones, devices and other distractions.</p>	<p>St. Mary's</p>
<p>Faith: Jiminy Cricket & the Sacrament of Reconciliation</p>	<p>God always does God's part in the Sacrament of Reconciliation of this we can be assured! The real question is are we willing to do our part in the Sacrament? Come and explore this beautiful Sacrament from the lens of our conscience in tradition, a Scriptural notion of Sin, the distinction between forgiveness and reconciliation, and the place of conscience in the Sacrament. Facilitated by Father Joseph</p>	<p>St. Mary's Church, Kitchener</p>

<p>Faith: Mindfulness from the Catholic Lens</p>	<p>In this interactive and experiential session with a certified mindfulness teacher, we will learn about what “mindfulness” is, common practices such as breathing activities, gentle yoga stretching (in chairs or standing up), guided visualization, and learning to be present in the “here & now”. Participants will also have the opportunity to work on a prayer jar, joy jar, mindfulness jar, or vision & prayer board. All supplies will be included (i.e. canvas, jars, creative supplies, etc.) Facilitated by Stephanie Van De Ven</p>	<p>Monsignor Doyle</p>
<p>Faith: Science & Religion Belong Together</p>	<p>This workshop is for participants who wish to engage in a meaningful dialogue between science and religion. Science and religion belong together and this workshop is intended for participants who wish to remain faithful to the canons of both science and religion and continue to develop a healthy, integrated worldview that they are able to share authentically with students. This workshop will be of interest to all religion and science teachers. Facilitated by Ted Laxton</p>	<p>St. Mary's</p>
<p>Faith: Student Retreats & Spiritual Wellbeing</p>	<p>Taking part in planning and leading a student retreat this year? Are you looking for some fresh new ideas that will support the spiritual wellbeing of your students? This workshop will explore multiple facets for student retreats and provide you with some best practise to ensure its overall success.</p>	<p>St. Benedict</p>
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<p>Wellness: Building Working Relationships</p>	<p>This session will review three key tools that can build relationships, will provide coaching on how to use these tools effectively, and will assist participants in developing strategies to address relationship challenges.</p>	<p>St. David</p>
<p>Wellness: Emotion-Focused School Support</p>	<p>In this session, participants will watch and discuss a webinar given by Dr. Adele Lafrance. Participants will be introduced to ways to support the mental health of children and their families.</p>	<p>Monsignor Doyle</p>
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<p>Wellness: Healthy Schools</p>	<p>Healthy living and well-being are hot topics these days and with good reason! Improved academic performance, decreases in anxiety as well as depression rates, increases in physical health and predictive adult physical activity patterns are just a few reasons why we are talking more and more about taking care of ourselves. In this session participants will be introduced to ideas on small and large things we can be doing to continue developing the healthy living and well-being practices for all.</p>	<p>Resurrection</p>

Wellness: How to Use Mindfulness in Schools	In this webinar by Dr. Elisha Goldstein, we explore the topic of mindfulness. How can these practices strengthen students' ability to pay attention, build impulse control, and manage anxiety? How do we get buy-in from students? Is our goal 'mastery' or 'planting seeds'? How does mindfulness build belonging and connectedness in our classrooms?	Resurrection
Wellness: Journey to Wellness, One Step at a Time	This session will examine what wellness means and provides simple steps to help participants set their own health goals and keep them on track for achieving their personal definitions of wellness.	St. Benedict
Wellness: Science of Happiness	This session will introduce participants to some of the research-based "happy habits" that can be adopted to increase levels of happiness and well-being.	St. Mary's
Wellness: Stress Busters	This session will explore all aspects of the stress response, focusing on practical tips and tools to bring us to optimal stress levels, thereby helping us to maximize our energy and performance. During the afternoon, participants will gain additional stress management strategies and have opportunities to discuss how these skills can be applied in their daily lives.	Resurrection
Wellness: Work Out for the Mind & Body	This session will provide participants with a benefits of exercise workshop followed by an application of this theory in an actual workout. The workshop will outline the benefits of exercise on participants physical and mental health, including reduced stress, increased self-esteem, boosted brainpower and increased well-being. Facilitated by Limitless Performance.	St. Matthew Elementary School, 405 Pastern Trail, Waterloo
Wellness: Zumba, the Moving Meditation	Zumba sessions give people an option for fitness as a way to support their emotional and spiritual wellness. Zumba unites all genders, shapes, and sizes and in this age of heightened anxiety, it has been proven to reduce feelings of anxiousness as it has a positive impact on health and wellness. In this workshop, you will have the opportunity to learn about benefits of Zumba, followed by participating in a Zumba session.	Monsignor Doyle
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