

Dear Families and Friends of the BC Prader Willi Community,

We are very pleased to invite you to attend the 2017 BCPWSA Conference, February 25th, 2017. For the first time, our keynote speaker is the esteemed Elizabeth Roof of Vanderbilt University. She is a premier PWS researcher and expert, and is one of the “go to” people in the field of behavior intervention in Prader Willi Syndrome. She will be speaking twice at our conference. Her first talk will outline stages of typical behavior seen in PWS as a child grows, along with tips and strategies to address them. Her second talk is “Adulthood 101” for families with teens and adults. Her appearance is not to be missed, she is not often in our time zone!

Returning again is Dr Deborah MacNamara of the Neufeld Institute. She is a clinical counsellor who specializes in attachment parenting based on the teaching of Gordon Neufeld. She will be speaking on how food relates to attachment and how that attachment will help us grow healthier, resilient children.

We still have at least one or two other speakers TBA!

This year we are trying a new venue, South Delta Secondary School, 750 -53 Street, Delta, BC. We are fortunate to be able to use their large facilities and classrooms. With the added space and student volunteers (as well as adults) we are prepared **to offer childcare for ALL ages**, including some spaces for siblings. Children with PWS are free of charge and siblings are \$20. This is for all day care plus lunch and snacks. We are always looking for volunteers to help pull this off so if you have any care workers or older siblings who are able to put in a few hours, please let us know!

Early Bird Pricing for the conference is \$30 p/p for members who have paid their 2017 membership fees, if you book before February 5th.
Not a paid member for 2017? Family Membership is \$25 and can be paid with registration.

After Feb 5th, pricing for BCPWSA members who have paid their dues is **\$35**.

Non-member Conference Price = **\$50**.

There are a limited number of sliding scale entrance fees, contact the association.

Teen/Adults with PWS Participants = **\$10**

Lunch, morning and afternoon snacks are included as well as childcare.

Our popular teen/adult program will be once again be run by Tonia MacGregor. She has some fun things planned this year, she teaches at South Delta so she knows all the ins and outs. For school aged kids and the older group, we will be visited by Nish Thaver, who is doing a very fun Laughter Yoga workshop.

There is more to come, we will update you as more speakers are confirmed. We will be offering a workshop for parents of younger children.

Registration on the website should be going live in the next little while. You can also register directly with Frances and Cheryl, using the attached documents.

How to pay:

A. **etransfer** max1isa2@gmail.com

B. **Mail a cheque AND Conference Registration Form(S) to:**

BCPWSA
21227 - 94A Avenue
Langley BC V1M 1M6

C) **Paypal:** Available on the website once registration is live

Some of our speakers:



Elizabeth Roof, MA is a senior research specialist at the Vanderbilt Kennedy Center. She currently coordinates several research programs with children and adults with rare genetic disorders including Prader-Willi syndrome. Her areas of interest include genotype/phenotype associations, obesity management and prevention, psychological strengths in rare populations and health provision services in disability populations. Her work and commitment in the field of Prader Willi Syndrome has been an important resource for the community. Through her skills as a clinician-researcher, she has recruited families across the country by providing feedback information to families on issues such as behavioral and classroom intervention, medication recommendations, and residential placement and consultation. She has given a number of talks/presentations at national/local conferences about research practices and implications for treatment, genetic differences in medication metabolism, behavioral interventions and effective parent/physician communications. She advocates for families who have a family member with a disability to attain adequate and appropriate health care services.



Dr. Deborah MacNamara, PhD is a dynamic teacher and experienced counsellor with over 20 years experience in educational and mental health settings. She is passionate in taking developmental science and making it applicable to everyday life in the home and classroom. The underlying purpose of all services is to *put adults in the driver's seat* by making sense of kids from the inside out. From everyday questions to complex problems, strategies for making headway with a child or teen is grounded in a rich developmental framework. She is the author of the best-selling book, [Rest, Play, Grow: Making Sense of Preschoolers \(or Anyone who Acts like One\)](#).

Nish Thaver, BSc, BEd is the founder of Young Mind Body Spirit: Wellness Services for Children and Adults offering Laughter Yoga, Kids Yoga and Reiki Energy Healing & Relaxation. Nish is a certified BC teacher and teacher educator by profession and over the last few years has actively pursued her passion in wellness both for herself and helping others live more balanced lives. www.youngmindbodyspirit.com .

What is Laughter Yoga? Laughter is initiated through various exercises in a group but with lots of eye contact and childlike playfulness, it soon turns into real and contagious laughter.

The reason it is called laughter yoga is because it combines laughter exercises with yoga breathing. This brings more oxygen to the body and the brain increasing one's energy levels and overall sense of health and wellbeing.

The concept of laughter yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same physiological and psychological benefits. Some of the benefits of laughter yoga include: release of stress, increase in endorphins, strengthening of the immune system and stimulation of deep oxygen-rich breathing.

(Source: Dr. Kataria School of Laughter Yoga)

B.C.P.W.S.A. Conference 2017 Registration form

NAMES: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

Please check one.

I am a BCPWSA 2017 member in good standing. My **Early Bird** conference fee this year is \$30.

I am a BCPWSA 2017 member in good standing. My **After February 5th, 2017** conference fee this year is \$35.

I am a Teen/Adult with PWS and my conference fee is \$10.

I am *not* currently a BCPWSA 2017 member. I am interested in becoming a member and am sending my family registration form (located on our web site) and 2017 yearly membership fee of \$25. I am also sending the *\$30 or \$35 conference fee for each person attending this conference.*

I am *not* a BCPWSA 2017 member. I am not interested in becoming a member. I am enclosing the *conference fee of \$50.00 per person (non-member).*

Additional forms attached (please include with registration if necessary):

- Teen/Adult (15+) with PWS Day Sessions
- Children's Day Sessions
- Infant/Toddler Childcare

Please send this completed registration form and payment to:

BCPWSA
21227 – 94A Avenue
Langley, BC
V1M 1M6

(Cheques are made payable to B.C.P.W.S.A.)

You may also register on line and use Pay Pals to register for this conference. Please access: www.bcpwsa.com In order to plan for facilities and food preparation, pre-registration is necessary.

All registrations must be received by February 18, 2017

B.C.P.W.S.A. 2017 TEEN/ADULT Registration form

NAME: _____

BIRTHDATE: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

INTERESTS: _____

I agree to have the *above* information shared with the other participants in attendance at the BCPWSA Fall Meeting.

I DO NOT agree to have the above information shared with the other participants in attendance at the BCPWSA Meeting.

(Signature) _____

ATTENDING WITH (NAME): _____

OTHER CONCERNS OR INFORMATION: _____

Please email this completed form to Frances Robinson at roipoort29@gmail.com.

All registrations must be received by February 18, 2017

B.C.P.W.S.A. 2017 CHILD (6 - 12 years) Registration form

NAME: _____

BIRTHDATE: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

INTERESTS: _____

I agree to have the *above* information shared with the other participants in attendance at the BCPWSA Fall Meeting.

I DO NOT agree to have the above information shared with the other participants in attendance at the BCPWSA Meeting.

(Signature) _____

ATTENDING WITH (NAME): _____

OTHER CONCERNS OR INFORMATION: _____

Please email this completed form to Frances Robinson at roipoort29@gmail.com.

All registrations must be received by February 18, 2017

B.C.P.W.S.A. 2017

Infant/Toddler Child Care

Registration form

NAME: _____

AGE AT CONFERENCE: _____

ATTENDING WITH (NAME): _____

OTHER CONCERNS OR INFORMATION: _____

Please be advised that childcare workers will try to follow the below outline as closely as possible. Please send all necessary toiletries, a blanket, a stuffed toy and all food and beverage for your child only.

Due to the nature of the syndrome and to individual child needs and diet restrictions, food will not be provided or shared amongst children.

INFANT and TODDLER CHILDCARE

8:30 – 9:00	- drop off and sign in
9:00 – 10:00	- play
10:00 – 10:15	- snack
10:15 – 12:00	- play
12:00 – 12:30	- lunch time
12:30 – 1:00	- play / story time
1:00 – 2:15	- nap / quiet time
2:15 – 2:45	- play
2:45 – 3:00	- snack
3:00 – 3:30	- free play
3:30	- pick up

I understand that the BCPWSA is providing complimentary child care for my child with Prader-Willi Syndrome aged 0-6 years. I understand that I must provide food and toiletry items for my child. I understand that the BCPWSA is not responsible for any accidental injuries that may occur while my child is in their care.

Name: _____ (print)

Signature: _____ Date: _____

To ensure a placement in this complimentary childcare, you must email to reserve a spot by February 18, 2017

Please print and bring this completed and signed form to the childcare location.