



**2014 NBAEAP Conference \* Conférence 2014 de l'APAENB**

**Agenda**

**Sunday – April 27, 2014/ dimanche le 27 avril**

7:00 pm – 9:00 pm	<b>Registration</b>	<b>Inscription</b>
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**Monday – April 28/ lundi le 28 avril**

7:30 am – 8:30 am	Registration	Inscription
8:30 am – 9:00 am	Opening remarks	Mot d'ouverture
9:00 am – 10:15 am	Opening keynote speaker Frederick Soucy	Conférencière d'ouverture Frédérick Soucy
10:15 am – 10:30 am	Health Break -Sponsored by City of Bathurst	Pause-santé- Commandité par la Ville de Bathurst
10:30 am – 11:45 am	<b>Session-Panel of Experts (Series 100)</b>	<b>Session - Groupe d'Experts (série 100)</b>
11:45 am – 1:00 pm	Lunch(Delegates on their own)	Dîner (Libre)
1:00 pm – 2:15 pm	<b>Breakout Sessions (Series 200)</b>	<b>Sessions simultanées (série 200)</b>
2:15 pm – 2:45 pm	Nutrition & Networking Break Sponsored by CEAPA	Pause-santé & Réseautage Commandité par CEAPA
2:45 pm – 4:00 pm	<b>Breakout Sessions (Series 300)</b>	<b>Sessions simultanées (série 300)</b>
5:45 pm – 6:30 pm	Reception ( Cash Bar) / networking	Réception (bar payant) /réseautage
6:30 pm – 7:45 pm	Banquet (additional tickets available/ \$25/person)	Banquet (billets additionnels disponible/ 25 \$/personne)
8:30 pm -12:00am	Hospitality Suite	Salle de rencontre

**Tuesday – April 29/mardi le 29 avril**

7:30 am – 8:30 am	« AA »	« AA »)
8:45 am - 9:00 am	<b>Announcements</b>	<b>Annonces</b>
9:00 am – 10:15 am	<b>Breakout Sessions (Series 400)</b>	<b>Sessions simultanées (série 400)</b>
10:15 am – 10:30 am	Break -Sponsored by CEAPA	Pause- Commandité par CEAPA
10:30 am – 12:00 pm	NBAEAP Annual General Meeting <i>Simultaneous translation available</i>	Réunion générale annuelle de l'APAENB <i>Traduction simultanée disponible</i>
12 :00 pm - 1:15 pm	Lunch (Delegates on their own)	Dîner (Libre)
1:15 pm – 2:45 pm	<b>Closing Keynote speaker Sunjay Nath</b> <i>Simultaneous translation available</i>	<b>Conférencier de fermeture Sunjay Nath</b> <i>Traduction simultanée disponible</i>
2:45 pm – 3 :00 pm	Closing Remarks ( Evaluations)	Mot de la fin (Évaluations)



**SOLUTIONS FOR WORK/LIFE CHALLENGES**

**SOLUTIONS POUR DÉFIS TRAVAIL/VIE**

**Monday April 28/Lundi 28 avril**

**9:00 am – 10:15 am / 9h à 10h15**



**“BALANCE”** That elusive friend with benefits...

***With Frederick Soucy***  
*Director of Spirit at Heart*

Frederick is an energetic and charismatic speaker having spent 25 years teaching and coaching across Canada and the United States. He is the current director of Spirit at Heart, an organization devoted to human development and assisting individuals achieve their full potential.

Frédéric will speak on the topics of balance and purpose. We will explore finding balance between the physical, emotional, mental and spiritual self, as well as work and play. You will take away resources on how to connect with your inner self, discover joy of heart, peace of mind and purpose in life.

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***Avec Frédéric Soucy***  
*Directeur de la compagnie Spirit at Heart*

Frédéric est un conférencier énergique et charismatique qui a passé 25 ans à enseigner et à coacher à travers le Canada et les États-Unis. Il est actuellement directeur de la compagnie «Spirit at Heart» un organisme dévoué au développement humain et à aider les personnes à atteindre leur plein potentiel.

Frédéric interviendra sur le thème de l'équilibre. Nous allons explorer à trouver un équilibre entre l'autonomie physique, émotionnel, mental et spirituel, ainsi que travailler et jouer. Vous rapporterez des ressources sur la façon de se connecter avec le moi intérieur, découvrez la joie, la paix et le but dans la vie.



## ***SOLUTIONS FOR WORK/LIFE CHALLENGES***

## ***SOLUTIONS POUR DÉFIS TRAVAIL/VIE***

**Monday April 28/Lundi 28 avril**

**Series 100**

**10:30 am – 11:45 am / 10h30 à 11h45**

### **100 Caring for Aging Relatives Panel**

**Bilingual/Bilingue**

#### **Family Enrichment and Counselling Services**

#### **PANEL OF EXPERTS / PANEL D'EXPERT**

This panel will address basic concerns that individuals face when caring for aging relatives while balancing other responsibilities in their lives. Participants will become more aware of the challenges facing those co-workers who are caring for an aging relative, the resources available, and where to turn for information and support.

Ce panel saura répondre aux préoccupations fondamentales que les individus font face quand ils s'occupent de parents âgés tout en équilibrant autres responsabilités dans leur vie. Les participants prendront conscience des défis auxquels font face ces collègues qui s'occupent d'un parent âgé, les ressources disponibles, et à qui s'adresser pour obtenir des renseignements et du soutien.

#### **MODERATOR/MODÉRATRICE :**

**Amanda Gallant; BA, BSW, RSW**

#### **PANEL:**

**Shelley Dumouchel; Mitchell & Dumouchel Law Office on the legal challenges of the elderly**

**Tanya Roy; Credit Counselling of Atlantic Canada on the financial challenges of the elderly**

**A representative of the Alzheimer Society; speaking about dementia and support and services available**

**Krista Phillips; Community Education Coordinator at The Arthritis Society, New Brunswick Division about the challenges of chronic pain**



## SOLUTIONS FOR WORK/LIFE CHALLENGES

## SOLUTIONS POUR DÉFIS TRAVAIL/VIE

Monday April 28/lundi 28 avril

Series 200

1:00 pm – 2:15 pm / 13 h à 14h15

### 200 Breaking the Worry Habit

Anne-Marie Hartford

English

Family Enrichment and Counselling Services

Find out the difference between concern and worry, the purpose of worrying and its impact, and learn strategies to stop useless worrying.

### 201 Portage Atlantic- Freedom from Addiction

*Tambrie*  
Tremblie Hicks

Hicks / Carol Tracey

English

Portage Atlantic, a non-profit organization dedicated to helping youth between the ages of 14 and 21 with serious substance abuse issues has been in existence in New Brunswick since 1996. Portage Atlantic will focus its presentation on signs and symptoms of addiction as well as the admission process to the Portage Atlantic Program.

### 202 Ask a Lawyer/Demandez à un avocat

Sacha Morissette

Bilingual/Bilingue

Partner/Associé, Stewart McKelvey

Mr. Morisset, a partner with Atlantic Canada's largest firm, will hold this bilingual, open-forum session in which participants can ask questions on a variety of legal issues, from labour and employment to wills, estates and succession planning. All questions are welcomed, including: What are my rights as a person with a power of attorney? Who should I choose as executor of my will? What is a living will and should I have one? What are the limits to the duty to accommodate? What is the impact of social media in the workplace?

Me Morisset, associé avec le plus grand cabinet d'avocats du Canada atlantique, animera cette session bilingue, ouverte et interactive dans laquelle les participants pourront demander des questions sur n'importe quel enjeu juridique, allant du droit du travail et de l'emploi à la planification successorale et les testaments. Toutes les questions sont bienvenues et pourraient inclure : Quels sont mes droits comme personne ayant une procuration? Qui devrais-je choisir comme exécuteur de mon testament? Qu'est-ce qu'un testament biologique et devrais-je en avoir un? Quelles sont les limites du devoir d'accommodement? Quel est l'impact des médias sociaux dans le milieu de travail?

### 203 The Cost of Credit

Tanya Roy/Tamara Kelly

English

Credit Counselling of Atlantic Canada

Join the CCSAC to discuss what the current debt landscape looks like. How does this affect the household budget and the stress of New Brunswickers? What is credit costing you? And how to manage that debt more effectively.



## ***SOLUTIONS FOR WORK/LIFE CHALLENGES***

## ***SOLUTIONS POUR DÉFIS TRAVAIL/VIE***

**Monday April 28/lundi 28 avril**

**Series 300**

**2:45 pm – 4:00 pm / 14h45 à 16h**

### **300 Solutions for Work/Life Challenge**

**Frances E. White  
Service New Brunswick**

**English**

We all live in a society that continues to be rapidly changing. Technology had changed the face of how we think, interact and certainly communicate with each other. No longer do we have to wonder about how to get information on anything. Merely with a few clicks and “blink of the eye”, information is within our reach and the world just got smaller.

Yet, there is a price we pay for the many conveniences that technology has brought to us. We see it in our work, and we also see it within our homes. The impact is often “subtle”. If not managed well, if there is no balance for us, the long term impact can be devastating.

This session will look at some of the common and most frequent issues which, if not properly managed, can wreak havoc in both our personal and professional lives. In addition, we will look at some strategies designed to help bring balance to these often competing priorities.

### **301 Programs for Adults and Seniors**

**Jamie Howie  
Social Development**

**English**

The presenter will identify and discuss Social Development’s programs for Adults and Seniors including Long Term Care, Disability Support and Adult Protection. This informative session will include time for questions and answers.

### **302 The Body doesn’t Lie**

**Leslie Ann Costello, Psychologist  
Fredericton Bioenergetics**

**English**

A brief experiential introduction to bioenergetic analysis, a body-based psychotherapy that helps people connect with unexplored parts of the self and experience more vitality in their lives. Our bodies tell the stories of our lives in ways that talk therapy may never fully uncover. Bioenergetics helps us to heal the connection between body and mind.

### **303 Kick Start Your Creativity**

**Natalie Perry, Wellness counselor & Coach  
Family Enrichment and Counselling Services**

**English**

Are you feeling creatively blocked or uninspired? This is your opportunity to reconnect with and revive your inner creative self. Explore what’s been holding you back; discover tips and tools, and new perspectives on how to get your creative juices flowing. Learn the secret to keeping creative for the rest of your life.



## **SOLUTIONS FOR WORK/LIFE CHALLENGES**

## **SOLUTIONS POUR DÉFIS TRAVAIL/VIE**

**Tuesday April 29/mardi 29 avril**

**Series 400**

**9:00 am – 10: 15am / 9h à 10h15**

<b>400 Aging People &amp; Power of Attorney</b>	<b>Chantal Landry Public Trustee's Office</b>	<b>Bilingual/Bilingue</b>
<p>Ms. Landry is from Dieppe, NB. She is a graduate from the Law School of the Université de Moncton in 1992. She was called to the Bar of New Brunswick in 1993. She worked at the then Anderson, McWilliam, LeBlanc and MacDonald law practice from 1993 to 2000. She specialized in family law. She has been employed with New Brunswick Legal Aid Services Commission since 2000. In December 2011, Ms. Landry became the Director of Family Law Services and Public Trustees with the New Brunswick Legal Aid Services Commission.</p>		
<b>401 Mood &amp; Nutrition</b>	<b>Dr. Parissa Bunin, ND</b>	<b>English</b>
<p>Are you feeling blue? Depressed? Irritable? Or do you feel like you've just lost your "joie de vivre"? These are all mood issues that are on the rise. This lecture will look at some of the key factors that are contributing to this rise and will be followed by some advice on how to fight this using nutrition, supplementation and herbal remedies.</p>		
<b>402 Workplace Wellness (A comprehensive approach to quality programs in New Brunswick)</b>	<b>Andrea Hearn, Heart &amp; Stroke Foundation</b>	<b>English</b>
<ul style="list-style-type: none"><li>• Exploring what is a comprehensive workplace Wellness Framework?</li><li>• Defining Strategies and components of workplace wellness programs.</li><li>• Identifying resources and expertise available to support workplace wellness programs.</li></ul>		
<b>403 Transforming Procrastination into Purposeful Action</b>	<b>Natalie Perry, Wellness Counsellor &amp; Coach Family Enrichment and Counselling Service</b>	<b>English</b>
<p>You'll do it tomorrow... or maybe next Friday... or later on this month... time keeps moving forward and you still haven't done that important thing on your to-do list. Finally come to understand what procrastination really is, explore why you do it, and unlock the key to changing your pesky procrastination habit into a life changing opportunity. It's time to put an end to putting things off – for good.</p>		



*SOLUTIONS FOR WORK/LIFE CHALLENGES*

*SOLUTIONS POUR DÉFIS TRAVAIL/VIE*

**Tuesday April 29/mardi 29 avril**

**1:15 pm – 2:45 pm / 13h15 à 14h45**

**Closing Speaker**  
**Sunjay Nath**



Sunjay Nath travels globally sharing insights on leadership and performance. He is best known for his trademark, “The 10-80-10 Principle” which is a framework that helps individuals and teams improve performance. This methodology combines best practices with small wins to help people empower themselves. With his background, Sunjay offers a rare combination of both left and right brain activities to engage all audience members.

Sunjay Nath se déplace partageant globalement des idées sur le leadership et la performance. Il est surtout connu pour sa marque de commerce, «Le Principe 10- 80- 10 » qui constitue un cadre qui permet aux individus et aux équipes d'améliorer les performances. Cette méthodologie combine les meilleures pratiques avec les petites victoires pour aider les gens à se prendre en charge. Grâce à son expérience, Sunjay offre une rare combinaison d'activités du cerveau gauche et droit enfin d'engager tous les membres de l'auditoire.



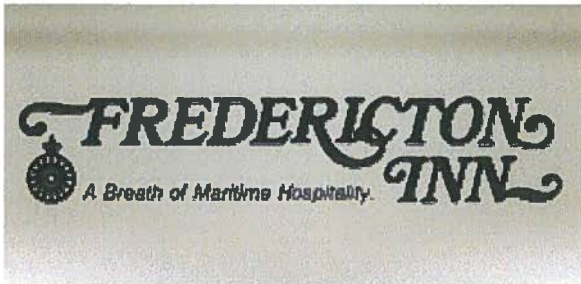
*SOLUTIONS FOR WORK/LIFE CHALLENGES*

*SOLUTIONS POUR DÉFIS TRAVAIL/VIE*

**Thank you to our sponsors**

**Merci à nos commanditaires**

## Platinum



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Family Enrichment  
and Counselling  
Service  
Fredericton, NB



CANADIAN EMPLOYEE ASSISTANCE  
PROGRAM ASSOCIATION  
ASSOCIATION CANADIENNE DE  
PROGRAMMES D'AIDE AUX EMPLOYÉS



Human  
Solutions  
Humaines

## BRONZE/BRONZE

- ❖ City of/Ville de Bathurst
- ❖ Dairy Farmers of Canada / Les Producteurs Laitiers du Canada
- ❖ Agricultural Alliance of New Brunswick
- ❖ Moosehead Breweries
- ❖ NB Power





The New Brunswick Association of Employee Assistance Programs

NBAEAP Annual Conference- April 28-29, 2014

Fredericton Motor Inn, Fredericton N.B.

2014 Conference Registration Form

Please make your own Hotel reservations: - Telephone # - (506) 455-1430 or 1-800-561-8777

Standard Room Rate – \$ 109.00 + tax

Please identify yourself as being with the NBAEAP to qualify for these rates.

Conference Cost: NBAEAP Members : \$275.00 per person
Non-members : \$350.00 per person

Deadline for Registration: April 23, 2014 - after this date contact Bob Ouellette @ 506- 733-0022

Complete this form and send to: Bob Ouellette, 231 Morin Avenue, Edmundston, N.B. E2V 3J4
Or by E-mail: robert.ouellette@twinriverspaper.com or bobkin@live.ca
Fax: 506-737-2410

Fill out a separate registration form for "each" attendee:

Registration form fields: Name, Title, Company/Organization, Address, Telephone, Fax or E-mail, and a checkbox for attending the Banquet.

Veuillez prendre note que les sessions qui seront présentées en français sont indiquées en bleu.
Please note: Sessions offered in French are indicated in blue.
Les sessions présentées dans les deux langues officielles sont indiquées en rouge.
Bilingual sessions are indicated in red.

Concurrent Sessions - Please Indicate Your Choice

Table with columns for Session Series (100, 200, 300, 400) and Opening Speaker (Panel of Experts, Keynote Speaker).

Enclosed is my cheque or money order for \$ \_\_\_\_\_ payable to: The N.B. Association of EAP.

Do you require a receipt? Yes \_\_\_\_\_ No \_\_\_\_\_

Please indicate the name that should be on the receipt \_\_\_\_\_

\*\*\*\* Note - Hospitality Suite - "Monday Night at the Improv"

Credit/Debit Cards and Local Purchase Orders are "not" accepted



L'Association des programmes d'aide aux employés du Nouveau-Brunswick

Conférence annuelle de l'APAENB – 28-29 avril, 2014

Fredericton Motor Inn, Fredericton N.B.

**Formulaire d'inscription à la Conférence 2014**

**Veillez faire vos propres réservations au Motel:** - Téléphone # - (506) 455-1430 ou 1-800-561-8777

Taux standard pour une chambre--  
\$109.00 + taxe

Veillez vous identifier comme faisant partie du groupe de l'APAENB afin de qualifier pour ce taux.

**Coût de la Conférence::** **Membres de l'APAENB :** \$275.00 par personne  
Non-membres : \$350.00 par personne

**Date limite d'inscription:** **le 23 avril, 2014 – après cette date. contactez Bob Ouellette**  
au 506- 733-0022

**Complétez ce formulaire et faites parvenir à:** Bob Ouellette, 231 Morin Avenue, Edmundston, N.B. E2V 3J4  
ou par courriel à: [robert.ouellette@twinriverspaper.com](mailto:robert.ouellette@twinriverspaper.com) ou [bobkin@live.ca](mailto:bobkin@live.ca)  
Télécopieur: 506-737-2410

**Remplir un formulaire par participant:**

<b>Nom :</b>	
<b>Titre:</b>	
<b>Compagnie/Organisation::</b>	
<b>Adresse:</b>	
<b>Téléphone:</b>	<b>Télécopieur ou courriel:</b>
<b>Je serai présent(e) au buffet: Oui ___ Non ___</b> <b>Indiquez toute allergie à la nourriture :</b>	

Veillez prendre note que les sessions françaises sont indiquées en **bleu**.

Please note: Sessions offered in French are indicated in **blue**.

Les sessions présentées dans les deux langues officielles sont indiquées en **rouge**.

Bilingual sessions are indicated in **red**.

**Sessions – S.V.P. indiquer votre choix**

	<b>Oratrice d'Ouverture</b>				
<b>Séries 100</b>	<b>Panel d'Experts</b>				
<b>Séries 200</b>	200	201	<b>202</b>	203	---
<b>Séries 300</b>	300	301	302	303	---
<b>Séries 400</b>	<b>400</b>	401	402	403	---
	<b>Orateur Principal</b>				

Ci-inclus mon chèque ou mandat de poste au montant de \$ \_\_\_\_\_ payable à: L'Association PAE du N.B.

Avez-vous besoin d'un reçu? Oui \_\_\_ Non \_\_\_

Indiquez le nom qui doit apparaître sur le reçu: \_\_\_\_\_

**\*\*\*\* Note – Suite Hospitalité – « Improvisation du Lundi Soir »**

**Carte de crédit/débit et Bons d'achat local “ne sont pas” acceptés**