



The New Brunswick Association of Employee Assistance Programs

NBAEAP Annual Conference- May 6 -7, 2013

Fredericton Motor Inn, Fredericton N.B.

2013 Conference Registration Form

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

Standard Room Rate – \$ 105.00 + 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 19 , 2013 – 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:

Name :	
Title:	
Company/Organization:	
Address:	
Telephone:	Fax or E-mail:
I will be attending the Banquet: Yes No Please indicate any food Allergies ?	

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

	Opening Speaker				
Series 100	100	101	102	103	
Series 200	200	201	202	203	---
Series 300	300	301	302	303	---
Series 400	400	401	402	403	---
	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 - “Relaxation and Networking”

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 - 6 - 7 mai, 2013

Fredericton Motor Inn, Fredericton N.B.

Formulaire d'inscription à la Conférence 2013

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

Taux standard pour une chambre-
\$105.00 + 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 19 avril, 2013 - 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 ou bobkin@live.ca
Télécopieur: 506-737-2410

Remplir un formulaire par participant:

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

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

	Oratrice d'Ouverture				
Séries 100	100	101	102	103	---
Séries 200	200	201	202	203	---
Séries 300	300	301	302	303	---
Séries 400	400	401	402	403	---
	Orateur Principal				

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 - « Détente et Résautage »**

Carte de crédit/débit et Bons d'achat local "ne sont pas" acceptés



EAP: A STEP TOWARDS WELLNESS

PAE: UN PAS VERS LE MIEUX-ETRE

2013 NBAEAP Conference * Conférence 2013 de l'APAENB

Agenda

Sunday – May 5, 2013/ Dimanche le 5 mai 2013

7:00 pm – 9:00 pm	Registration	Inscription
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Monday – May 6, 2013/ Lundi le 6 mai 2013

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	Conférencier d'ouverture
10:15 am – 10:30 am	Break	Pause
10:30 am – 11:45 am	Breakout Sessions (Series 100)	Sessions simultanées (série 100)
11:45 am – 1:00 pm	Lunch(Delegates on their own)	Dîner (Libre)
1:00 pm – 2:15 pm	Breakout Sessions (Series 200)	Sessions simultanées (série 200)
2:15 pm – 2:45 pm	Break	Pause
2:45 pm – 4:00 pm	Breakout Sessions (Series 300)	Sessions simultanées (série 300)
5:45 pm – 6:30 pm	Reception(Cash Bar)/ networking	Réception(bar payant)/réseautage
6:30 pm – 7:45 pm	Banquet (additional tickets available/ \$25.00/person)	Banquet (billets additionnels disponible/ \$25/personne)
8:30 pm -12:00am	Hospitality Suite	Salle de rencontre

Tuesday – May 7, 2013/Mardi le 7 mai 2013

8:30 am - 8:45 am	Announcements	Annonces
8:45 am – 10:00 am	Breakout Sessions (Series 400)	Sessions simultanées (série 400)
10:00 am – 10:30 am	Break	Pause
10:30 am – 11:45 am	NBAEAP Annual General Meeting <i>Simultaneous Translation available</i>	Réunion générale annuelle de l'APAENB <i>Traduction simultanée disponible</i>
11:45 am – 1:00 pm	Lunch (Delegates on their own)	Dîner (Libre)
1:00 pm – 2:30 pm	Closing Keynote speaker Bill Carr <i>Simultaneous Translation available</i>	Conférencier de fermeture Bill Carr <i>Traduction simultanée disponible</i>
2:30 pm – 2:45 pm	Closing Remarks (Evaluations)	Mot de la fin (évaluations)



EAP: A STEP TOWARDS WELLNESS

PAE: UN PAS VERS LE MIEUX-ETRE

Monday May 6 / Lundi 6 mai



Mental Fitness: A successful Approach to Flourishing

With Isabel Savoie

*B.A., M.A. –Wellness consultant(mental fitness and resilience)
Wellness Branch, Department of Healthy and Inclusive Communities*

Mental fitness suggests an approach that changes our perception of others and increases the engagement of employees in the workplace. This approach place the emphasis on the positive, it fosters flourishing individuals by meeting their needs for competence, autonomy and relatedness. This workshop will give you strategies to adopt in your daily life and work that increase mental fitness.

La bonne forme mentale: une approche efficace à l'épanouissement

Avec Isabel Savoie

B.A, M.A, Conseillère du mieux-être (Santé psychologique et résilience), Direction du Mieux-être, Ministère des Communautés saines et inclusive

La bonne forme mentale suggère une approche qui change notre perception des autres et accroît l'engagement des employés dans le lieu de travail. Cet endroit approche mettant l'accent sur le positif, il favorise l'épanouissement des individus en répondant à leurs besoins en matière de compétence, d'autonomie et d'appartenance. Cet atelier vous donnera les stratégies à adopter dans votre vie quotidienne et au travail pour améliorer votre forme mentale.

*****English presentation with possibility of asking questions in French/ Présentation en anglais avec la possibilité de poser des questions en français***



EAP: A STEP TOWARDS WELLNESS

PAE: UN PAS VERS LE MIEUX-ETRE

Monday May 6/Lundi 6 mai

Series 100

10:30 am – 11:45 am

**100 I didn't know what I didn't know!!
Diabetes in real life.**

**Michelle Corcoran
Diabetes educator, RD CDE**

English

Fact or Fiction??? There is a lot of information out there about diabetes. This interaction session will help you learn real information about living easier, getting rid of diabetes guilt and caring for diabetes. Have fun learning what "you didn't know" that could help you be healthier!

101 Fetal Alcohol Spectrum Disorder(FASD)

**Brittany Hunter, BSW, RSW
Family Enrichment and Counselling Services**

English

The New Brunswick Fetal Alcohol Disorder (FASD) Center of Excellence offers bilingual services in prevention, diagnosis and intervention/support for those affected by affected by FASD and their families/caregivers. Preventive work focuses on educating the public, most specifically women of childbearing age on the risks associated with alcohol use during pregnancy. Diagnosis for children/youth up to age 18 years is provided by a professional multidisciplinary team which includes a paediatrician, psychologist, speech and language therapist and occupational therapist. Intervention services are carried out in collaboration with existing community resources and partner, Community Regional Coordinators in four regions of the province and an Aboriginal Liaison who works with NB's First Nations population

102 Portage Atlantic-Vaincre la Toxicomanie

**Carol Tracey
Portage Atlantique**

Français

Portage Atlantique est un organisme à but non lucratif qui est dédié à aider les jeunes de l'Atlantique aux prises avec de sérieux problèmes de toxicomanie, à son centre au Nouveau-Brunswick. Pendant cette présentation, des témoignages personnels seront entendus, et des représentants de Portage parleront de l'histoire de l'organisme, son approche thérapeutique, ainsi que son impact positif dans la communauté.

**103 Wellness at Heart Toolkit:
Healthy Active Living at Work**

**Christine Roherty
Heart & Stroke Foundation of NB**

English

As business owners or managers, it is important to remember our most important assets are our employees! Offering employees a healthy work environment and providing workplace wellness programs allows opportunity for employees to engage in healthy active living, decrease their risk for chronic disease, improve work performance and reduce the risk of worksite injury.

This session will lead you through the steps of implementing a comprehensive workplace wellness program and will look at the benefits of encouraging employees to embrace healthy living as a lifestyle choice.



EAP: A STEP TOWARDS WELLNESS

PAE: UN PAS VERS LE MIEUX-ETRE

Monday May 6/Lundi 6 mai

Series 200

1:00 pm – 2:15 pm

**200 Ensemble des Troubles Causés par
l'alcoolisation fœtale (ETCAF)**

**Brittany Hunter, BSW, RSW
Family Enrichment and Counselling Services**

Français

Le Centre d'excellence pour Ensemble des Troubles Causés par l'Alcoolisation fœtale(ETCAF) du Nouveau-Brunswick offre des services bilingues en matière de prévention, de diagnostic et d'intervention/soutien aux personnes touchées par l'ETCAF et leurs familles/soignants. Le travail de prévention est centré sur la sensibilisation du public, notamment les femmes en âge d'avoir des enfants, aux risques liés à la consommation d'alcool pendant la grossesse. Les services de diagnostic pour les enfants âgés de 18ans et moins sont offerts par une équipe multidisciplinaire professionnelle composée d'un pédiatre, d'un psychologue, d'un orthophoniste et d'un ergothérapeute. Les services d'intervention sont offerts en collaboration avec des ressources et partenaires communautaires existants, des coordonnateurs communautaires régionaux dans quatre régions de la province et l'agent de liaison autochtone qui travaille auprès de la population des Premières nations du N-B.

201 Portage Atlantic- Freedom from Addiction

**Carol Tracey
Portage Atlantic**

English

Portage Atlantic is a non-profit organization dedicated to helping Atlantic youth overcome serious substance abuse issues through its residential therapeutic program in NB. The presentation will include testimonials, and Portage representatives will discuss the organization's history, treatment approach and positive community impact.

202 Autism Spectrum disorder(ASD)

**Brittany Stairs
Autism Connections Fredericton**

English

Autism is a complex and diverse spectrum of disorders. This talk will provide an overview of autism spectrum Disorders (including Asperger's Syndrome), available resources in the community, the impact of ASD on families, and ASD in the workplace

**203 Psychological Safety in the Workplace:
The emerging pillar for the new standard in
the workplace and what you need to know**

**Fran White
HRMC, CHRP, IAPP
President, Human Resources Association of New Brunswick**

English

What is psychological safety? Where does it come from? Why is this important? When is an environment "unsafe", psychologically? How does it change today's workplace? What are the employer's obligations? What does it mean? What about employees? How would they be affected? What can they expect?



EAP: A STEP TOWARDS WELLNESS

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Monday May 6/Lundi 6 mai

Series 300

2:45 pm – 4:00 pm

300 Integrated workplace Wellness platform	Patti Peterson and Bill Morrison WMA Wellness, Inc.	English
<p>The evidence-informed Integrated Wellness Platform is part of FSEAP's core service offerings to organizations seeking transformative change with respect to employee psychological and physical wellness. The implementation of the Integrated Wellness Platform within organizations provides a cost-effective strategy for increasing employee engagement and performance through enhanced mental fitness, resiliency and wellness.</p>		
301 Collaborating for Long-Term Solutions	Alex Boucher Medavie BlueCross	English
<p>This session will help define disability, address psychological and whole-person health, and discuss the prevention, and optimal collaboration between EAP and insurers for effective long-term solutions for the well-being of your employees</p>		
302 Assertive communication	Anne Marie Hartford Family Enrichment and Counselling Services	English
<p>In this session you will understand why you communicate differently with different people and how you can develop a more consistent way of expressing yourself, how you can improve your listening skills, and how to ask directly and respectfully for what you want.</p>		
303 Anxiety + Panic	Kathleen MacPhee, BSW,RSW Family Enrichment and Counselling Services	English
<p>This session will provide an overview of the prevalence and causes of anxiety and panic and will introduce some practical strategies to help reduce anxiety and panic as well as cope more effectively with the distress they cause.</p>		



EAP: A STEP TOWARDS WELLNESS

PAE: UN PAS VERS LE MIEUX-ETRE

Tuesday May 7/Mardi 7 mai

Series 400

8:45 am – 10:00 am

400 An inside look of Alcoholics anonymous to be determined Bilingual/bilingue

Two members of Alcoholics Anonymous (1 English and 1 French) will share how life was using alcohol what happened for them to stop drinking and how life is today. As per AA traditions the speakers will be known only by first name.

Deux membres de l'Association des alcooliques anonymes (1 anglophone et 1 francophone) partageront la façon dont ils vivaient lorsqu'ils consommaient, les raisons qu'ils ont cessé et comment vivre aujourd'hui. Afin de respecter les traditions de l'Association, les conférenciers ne seront connus que par leur prénom.

401 The Journey to Wellness David Penney English

David Penney
Director, Atlantic Canada
Homewood Human Solutions
Employee & Family Assistance Programs

In this session you will be learning about the different dimensions of Wellness that contribute to your overall well-being. You will become aware of ways to increase your well-being and energy level. You will Identify areas where you desire change and find your personal motivators for improving your health. You will be able to establish goals and plans to support your change

402 What I need to know to Help me deal with Change Lisa Beaulieu-Picard, RSW English

Change is constant and we need to adapt continuously to these changes which sometimes can be very challenging. This session will help you become more aware of the process we go through when a change occurs at work or in our personal life. You will learn to better understand your reactions and behaviours when change happens and the impact it might have on others around. You will also have an opportunity to look and try different tools that can be helpful in times of change.

403 Mindfulness and stress in daily living Janet MaGeachy, and Tom MacAvity, English

Janet MaGeachy, and Tom MacAvity,
MSW, RSW Psychologist
Family Enrichment and Counselling Service

What is Stress and how does it impact our lives? How can we bring in mindfulness-based practices to better manage the stress and reduce its impact on our health, emotions and mental functioning? By learning mindfulness, we can learn to live more "in the moment" of our daily lives.



EAP: A STEP TOWARDS WELLNESS

PAE: UN PAS VERS LE MIEUX-ETRE

Tuesday May 7 / Mardi 7 mai

1:00 pm – 2:30 pm



Right On! Humour to the Point

With Bill Carr

For over twenty five years Bill Carr has been making people laugh at what's trivial while helping them think about what counts. Bill's unique blend of humour and insight inspires laughter and consideration; offering a fresh perspective on what we face every day. Aware of any and all sensitivities Bill takes aim at the foolishness and foibles while staying on point when it comes to those issues which really need attention. In this new, challenging economic reality which faces us all, how can we learn to Work Inspired? Bill combines years of research in the area of creative response to change and keeping a healthy perspective in unhealthy times. Using humour and insight, he lifts and celebrates what is the new reality in order to bring inspiration and passion back into the work you do. Bill's theory is we always learn best while laughing. Bill says, "You're always the most ticklish where you're the most sensitive. That's why the research is so critical." Right On! Humour to the Point will leave the mood positive and up-beat. Laughter is truly the best medicine and Bill offers just the tonic you need!

Right On! Humour au Point

Avec Bill Carr

Pour plus de vingt-cinq ans, Bill Carr fait rire les gens à propos de chose insignifiante, tout en les aidants à réfléchir sur ce qui compte vraiment. Son unique mélange d'humour et sa vision inspire le rire et offre une nouvelle perspective sur ce que l'on fait face à tous les jours. Conscient de toutes les sensibilités, Bill s'attaque à la folie et faiblesses, tout en restant sur le point quand il s'agit de ces questions qui ont vraiment besoin d'attention. Dans cette nouvelle réalité économique difficile que nous faisons tous face, comment pouvons-nous apprendre à travailler Inspiré? Bill combine des années de recherche dans le domaine de la réponse créative aux changements et de garder une perspective saine en temps malsains. Avec l'humour et de perspicacité, il lève et célèbre ce qui est de la nouvelle réalité afin d'apporter l'inspiration et la passion de nouveau dans le travail que vous faites. La théorie de Bill est toujours préférable lorsqu'elle est apprise en riant. Bill dit: «Tu es toujours la plus délicate où vous êtes le plus sensible. C'est pourquoi la recherche est si importante. « Right On! » Humour au point va laisser l'humeur positive et l'optimisme. Le rire est vraiment le meilleur remède et Bill vous le propose comme le tonique dont vous avez besoin!



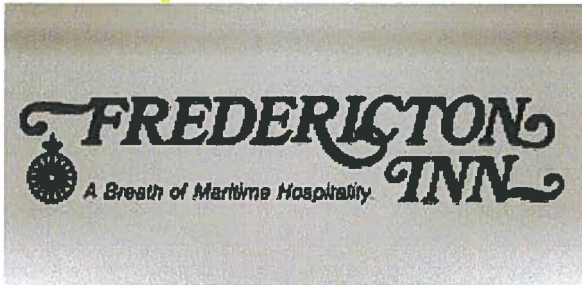
EAP: A STEP TOWARDS WELLNESS

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Merci à nos commanditaires

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Family Enrichment
and Counselling
Service

Fredericton, NB

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- ❖ **City of/Ville de Bathurst**
- ❖ **Dairy Farmers of Canada /Les Producteurs Laitiers du Canada**
- ❖ **Homewood Human Solutions Humaines**
- ❖ **LSW Wear Parts Ltd.**
- ❖ **Services à la Famille Nepisiguit Family Services Inc.**



NBAEAP Spring Newsletter



March 2013

Highlights:

- *Message from the President*
- *Gardening Tips*
- *9 Daily Habits That Will Make You Happier*
- *Upcoming Events*
- *NBAEAP Executive*

No matter how long the winter, spring is sure to follow. ~Proverb

Note from the President – Robert Ouellette

Spring is nearly here,

And your spring conference is coming up soon! Mark your calendars for May 6th & 7th and join us in Fredericton for the 2013 NBAEAP conference with this year's theme:

“EAP: A Step Towards Wellness”.

Complete conference details are attached, making it easy for you to register early and take advantage of the discounted rate. Feel free to share this information with other businesses, organizations, individuals, etc. who you feel would benefit from what this year's conference will offer. Remember, you don't have to be a member to attend but membership does have its advantages.

Also, keep in mind that if you had something you wanted to share with the membership, have it added to an upcoming newsletter, etc., just let us know. You can contact us by email. Contact information is listed on the website at www.nbaeap.ca.

Looking forward to seeing you in Fredericton on May 6th & 7th!!

Spring Gardening



The following is from my own personal experience on vegetable gardening and not to be taken as professional advice. I do this for my own personal pleasure and enjoyment and for the enjoyment of family and friends who always seem to return an empty mason jar to me with the hopes that a full one would replace it!

For many, gardening can be a very relaxing and enjoyable hobby, particularly for those who may be suffering from the 'empty nest' syndrome. The kids have grown and moved on to make their own lives and now you have nothing to nurture. Well, gardening may help to fill that need. It's also a wonderful way for the more mature population to spend some of their time.

If you've never planted a seed, you're in for a real treat if you consider starting your own garden. There is great satisfaction in watching how the tiniest of seeds can break through the earth and grow into something beautiful to look at or delicious to eat!!

Each year, I grow a vegetable garden and sometimes get a bit discouraged about how much work is involved. Initially, I get the area tilled, rake it, make the drills and plant the seeds. Some may say this would be the hard part, and they may be right. But the work and the joy doesn't stop here!

Over the years, I have found that there are several ways to keep those nasty weeds from taking over the garden. Mulches are a good way to keep them at bay. They also hold moisture so this helps your garden as well. But weeding a garden is a continuous process if you don't have a covering between the rows and around your plants.

I do enjoy gardening, probably because of the delicious end results I get each year. I am still enjoying homemade bread and butter pickles and pickled beets from last summer's harvest. And so, I might add, are a lot of other people!!

A few tips for the novice gardener:

- Start small; Grow what you love; Keep it simple and have fun.
- Don't let it stress you out; Enjoy the fruits of your labors!

If you have gardening tips you'd like to share, please feel free to bring them to the conference or send them via email. Our contact information is on the website at www.nbaeap.ca. Surfing the net can also provide a lot of information as well as talking to your local garden center specialist.

Thanks for reading!
Yvette Lavigne Frank

9 Daily Habits That Will Make You Happier

These minor changes in your daily routine will make a major difference in your life and career.



Happiness is the only true measure of personal success. Making other people happy is the highest expression of success, but it's almost impossible to make others happy if you're not happy yourself.

With that in mind, here are nine small changes that you can make to your daily routine that, if you're like most people, will immediately increase the amount of happiness in your life:

1. Start each day with expectation.

If there's any big truth about life, it's that it usually lives up to (or down to) your expectations. Therefore, when you rise from bed, make your first thought: "something wonderful is going to happen today." Guess what? You're probably right.

2. Take time to plan and prioritize.

The most common source of stress is the perception that you've got too much work to do. Rather than obsess about it, pick one thing that, if you get it done today, will move you closer to your highest goal and purpose in life. Then do that first.

3. Give a gift to everyone you meet.

I'm not talking about a formal, wrapped-up present. Your gift can be your smile, a word of thanks or encouragement, a gesture of politeness, even a friendly nod. And never pass beggars without leaving them something. Peace of mind is worth the spare change.





4. Deflect partisan conversations.

Arguments about politics and religion never have a "right" answer but they definitely get people all riled up over things they can't control. When such topics surface, bow out by saying something like: "Thinking about that stuff makes my head hurt."

5. Assume people have good intentions.

Since you can't read minds, you don't really know the "why" behind the "what" that people do. Imputing evil motives to other people's weird behaviors adds extra misery to life, while assuming good intentions leaves you open to reconciliation.

6. Eat high quality food slowly.

Sometimes we can't avoid scarfing something quick to keep us up and running. Even so, at least once a day try to eat something really delicious, like a small chunk of fine cheese or an imported chocolate. Focus on it; taste it; savor it.

7. Let go of your results.

The big enemy of happiness is worry, which comes from focusing on events that are outside your control. Once you've taken action, there's usually nothing more you can do. Focus on the job at hand rather than some weird fantasy of what *might* happen.

8. Turn off "background" TV.

Many households leave their TVs on as "background noise" while they're doing other things. The entire point of broadcast TV is to make you *dissatisfied with your life* so that you'll buy more stuff. Why subliminally program yourself to be a mindless consumer?

9. End each day with gratitude.

Just before you go to bed, write down at least one wonderful thing that happened. It might be something as small as a making a child laugh or something as huge as a million dollar deal. Whatever it is, be grateful for that day because it will never come again.

The above was found on the internet at www.inc.com



Newsletter

Do you have an article that you feel would benefit our membership for our next newsletter?

Please contact Yvette Lavigne Frank

E-mail Address:
Yvette.Lavigne@bathurst.ca



Upcoming Events

- **May 6 & 7th, 2013**
NBAEAP Annual Conference
EAP – A Step Toward Wellness
Fredericton Inn, Fredericton,
New Brunswick.

You do not need to be a member of the association to attend.

Invite your friends, you won't want to miss it!

Website

Our Address:
www.nbaeap.com

We make every effort to keep our website up to date.

Keep checking our ***events tab*** for upcoming conference information. A 2013 conference flyer has already been added. The conference agenda and registration form can be found on the website.

Again this year we will be offering our incentive bursary. Check out the ***bursary tab*** to obtain your application form.

Want to contact any of the executive? Check out the ***executive tab*** for a complete listing.

If you have an event that you think would benefit our EAP communities, let us know. We would be happy to add it to our website.

Your NBAEAP Executive

Robert Ouellette - President

Carla Roberts - Past President

Yvette Lavigne Frank - Vice President

Ruth Riordon - Secretary

James Donovan - Treasurer

Rick Watling - Director

Claude LaBrie - Director

Jason Leblanc - Director

Sylvie Fournier - Director

Neil McBride - Director

Joe Kervin - Director

Lisa Beaulieu-Picard - Director

Eldon Smith - Director