



DR. VANESSA LAPOINTE

Monday
SEPT 18, 2017
**ADAPTING AND
THRIVING**

12:30pm – 3:30pm
| opens at 12:00pm |

COST:

\$15 | Foster Parents &
Community Professionals

Tuesday
SEPT 19, 2017
**WHEN THE WORRY
MONSTER ATTACKS**

9:00am – 3:30pm
| opens at 8:30am |

COST: Lunch Included

\$25 | Foster Parents
\$30 | Community Professionals

KAMLOOPS ALLIANCE CHURCH
| 200 Leigh Rd, Kamloops, BC |
Ministry Centre – East Entrance

| Please RSVP to Kristina/Renata at (236) 421-0031 to register |

Your seat cannot be guaranteed until payment is confirmed.

Don't be disappointed! Get your payment in early as seating is limited!

Payment is accepted at Interior Community Services (765 Tranquille Road, Kamloops, BC).

| Kamloops Foster Parents Special Rate |

The first 100 Foster Parents to make payment will be given the reduced rate of \$15.

This applies to Foster Parents who foster for Kamloops MCFD, SCFS, or LMO offices.



Author of *Discipline without Damage: How to get your kids to behave without messing them up*, a regularly invited media guest and contributor, educator and speaker, a Huffington Post Parent blogger, and a consultant to research projects and various organizations promoting emotional health and development, Dr. Vanessa is known for bringing a sense of nurturing, understanding and humanity to all of her work.

The founder of The Wishing Star Lapointe Developmental Clinic, Dr. Vanessa continues to work in her private practice at The Wishing Star, and has previous experience in a variety of settings, including the British Columbia Ministry of Children and Family Development and the school system.

Dr. Vanessa's passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes. She believes that if we can do this, we are beautifully positioned to grow up our children in the best possible way.

As a mother to 2 growing children, Dr. Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.

ADAPTING AND THRIVING

The key role of relationship in promoting resilience for children and youth

Why is it that some children face adversity and challenge, and yet are able to develop and grow in the most amazing way? Although the answer is found, in part, by considering temperament, circumstance, and other individual characteristics/factors, there is also much to be understood about the process of *adaptation* beyond individual child characteristics. Most importantly, the key ingredient in the process appears to be the nurturing and supportive relationships that children have with their various "big people." Related research suggests that it is this *relationship* and how it lives out in the adaptive process that allows children to adapt – or to be *resilient*. We will discuss how big people might nurture adaptation for the children they are growing up, the key components of the adaptive process, and the necessary "pre-requisites" that must be in place for adaptation to be primed. And through all of this, we will land on the bottom line - that every child who is understood and championed by one or more caring adults has the capacity to not only adapt, but to *thrive*.

WHEN THE WORRY MONSTER ATTACKS

Understanding anxiety and the surprising answer to helping your child through it

The prevalence of anxiety in our children has perhaps never been more prominent than now. What has happened that our children are so full of worry? And what shifts need to occur for us as adults to be able to turn worry about the uncontrollable into wonder about the possibilities? As parents, teachers, and other 'big people' become increasingly concerned about their children and the functional daily impact of anxiety, our efforts can turn almost frantic as we try to glean helpful, supportive information from the unmanageable amounts available online and elsewhere. Too often this results in 'quick fix' approaches to 'solving' anxiety, rather than inviting a contemplative approach that is informed by the science of child development. This workshop will focus on making sense of the world of anxiety for children as they experience it and direct us to land on a surprising answer for overcoming it! We will discuss the roots of anxiety and use our understanding of such to inform knowledgeable responses and supports for the children we are growing up who might be struggling with too much worry. The goal will be to provide participants with a developmentally sensitive approach to understanding worry and transforming it into wonder.