



Thursday – September 18

Event	Description	Presenter(s)	Bio
<p>Session Title: From “Nice Idea” to Meaningful Impact: Emphasizing Inclusion in Program Planning</p>	<p>So... you’ve got amazing programs, unforgettable events, and fresh creative ideas — but have you ever stopped to think about just how accessible and inclusive they <i>really</i> are?</p> <p>From reducing physical barriers and considering sensory needs to rethinking new programming that may unintentionally exclude participation, creating inclusive, welcoming spaces is where the true fun and magic of activity occur, and it’s more important than ever.</p> <p>In this interactive session, we’ll take a closer look at how to view a variety of active living services through a more inclusive lens. We’ll explore practical strategies you can implement to reduce those ineffective reactive solutions to make room for more thoughtful, proactive planning — all through the lens of therapeutic recreation and best practices that actually work!</p>	<p>Aimee Coles, CTRS</p>	<p><b>Aimee Coles</b> is a Recreation Coordinator with the Town of Paradise, as well as a Certified Therapeutic Recreation Specialist (CTRS), and holds a Diploma in Community Recreation Leadership and a Bachelor of Recreation from Memorial University.</p> <p>Aimee has experience in both the municipal and non-profit sectors over the last few years, including her role as Community Inclusion Coordinator with the Autism Society of Newfoundland and Labrador (ASNL), where she helped design, supervise, and consult on sensory-friendly programming, facilities, events, and initiatives. Outside of her full-time work, Aimee is the Choreography Director for Courtney Fowler Performance Academy, bringing her love of movement and recreation into theatrical performances for students of a variety of ages and abilities. She’s also trained with Boston Ballet’s Adaptive Dance program in Massachusetts, gaining hands-on experience in weaving accessibility into the arts, and continues to advocate to ensure accessibility is at the forefront of program planning.</p>
<p>Session Title: City of St. John’s Healthy City Initiatives</p>	<p>Staff from the City of St. John’s Healthy City and Inclusion team will share information about and insights from initiatives related the City and NL Health Services’ Healthy City Strategy. This will include an overview of initiatives such as Trail Explorers, Neighbourhood Connect, and Community Gardening, which all aim to promote</p>	<p>Jennifer McGrath – Healthy Neighbourhoods and Inclusion Fieldworker, City of St. John’s</p> <p>Mark Finch – Healthy City Development</p>	<p><b>Jennifer McGrath</b> studied at Memorial University and has dedicated her career to working alongside equity-denied populations and building stronger communities. Before joining the City of St. John’s Department of Community Services, she worked directly in community settings, developing a passion for neighbourhood development. She is now part of the City’s Healthy City team, where she supports initiatives such as Community Gardens, Neighbourhood Watch, Neighbourhood Connect, and</p>

	active living, community building, and health equity.	Coordinator. City of St. John's	<p>Neighbourhood Profiles—if the word “neighbourhood” is involved, Jen is likely there. Outside of work, she can usually be found exploring the trails with her old-man pup, Snickers.</p> <p><b>Mark Finch</b> is the Healthy City Development Coordinator for the City of St. John's. In this role, he collaborates with partners from NL Health Services, government, and the community sector to advance equitable health and well-being across the city. Mark is a registered social worker with a professional background in mental health, addictions, housing, and homelessness.</p>
Networking lunch	Learn from organizations and make connections during an interactive networking lunch, complete with resource tables and demonstration.		
Promoting Movement in Healthcare Setting: Exploring Social Prescription for Physical Activity in NL	Join us in this workshop session to learn more about how NL Health Services promotes physical activity with clients and in the community. Hear about how NLHS and Seniors NL are working together to introduce social prescribing in Family Care Teams. Help us explore ways to prescribe physical activity. Your feedback can help us to 'move' this idea forward!	Darla King - Vice President, Population Health Well-Being and Community Health Systems	<p>Darla King is the vice president, Population Health Well-Being and Community Health Systems at NL Health Services. Her focus is to strengthen community-based models of care by applying a population health approach, and work with key interest holders to improve population health status and health equity across the province. Darla is a member of Well-being NL, a central body supporting advancement of well-being in Newfoundland and Labrador, including the roll out of well-being networks.</p> <p>Darla is responsible for the provincial public health program, Indigenous Health, and the Office of Language Access and French Services. She supports priority areas such as primary health care and health of older adults through leadership of strategic health networks and other strategies to facilitate transformational change.</p> <p>With 30 years of experience at the legacy Western Regional Health Authority, Darla has held various leadership positions with responsibilities for medical services, public health, rehabilitation services, primary health care, chronic disease prevention and management, and childcare services. She holds a Bachelor of Science (Occupational Therapy) from the University of Western Ontario and a master's in science (Occupational Therapy) from Dalhousie University.</p> <p>Darla lives in Corner Brook with her husband, Brian, where they enjoy curling, playing pickleball, and spending time at the family</p>

			cabin in Bonne Bay Pond. They are proud parents of two children, Bethany and Nathan.
Session Title: What's in your control? Focusing on brain health for stronger mental health	So many aspects in life are out of our control. So why not refocus our energy to aspects in our control? For this session, George Mammen will highlight daily habits that influence mental health, resilience, and burnout. More specifically, George will touch on concepts in psychology including managing intrusive thoughts and difficult emotions, in addition to how key lifestyle factors – such as efficient breathing, hydration, sleep, excess phone/social media use, sedentary behaviour, physical activity, and alcohol – shape our cognitive reserve and ability to handle life stress. George’s goal is to inform you on science-backed strategies to put yourself in the best possible situation to feel your best mentally.	George Mammen	<b>George</b> grew up in Grand Falls-Windsor in the oh so lovely 90s. Academically, George completed a Master’s in Sport Psychology from Memorial University (2006), PhD in Exercise Psychology from the University of Toronto (2015) and a post-doctoral fellowship at Toronto’s Centre for Addiction and Mental Health (2017). After 10 years away furthering his education, COVID nudged George and his young family of 5 to move back to NL in 2020. Since returning, he has been providing Mental Health & Resilience training to several teams including the Memorial Sea-Hawks basketball teams, Newfoundland and Labrador Basketball Association, the Canada Games NL Soccer teams, volleyball club/school teams, and individual athletes across different sports. Most recently, George is also focusing on the school-community to help raise awareness surrounding the harms of excess screen time on children’s mental and cognitive health and highlight evidence-informed strategies to minimize risk.

Friday - September 19

Event	Description	Presenter(s)	Bio
Meet and greet			
Opening remarks			

Trail Design & Construction: A Big Picture Overview for Active Living	<p>This session will provide an overview of the principles of sustainable trail design and construction, focusing on how well-designed trails serve as foundational infrastructure for active living. While not a technical deep dive into construction methods, it will cover the considerations necessary for developing multi-use trails that are safe, enjoyable, and environmentally responsible.</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"><li>• Appreciate the importance of sustainable trail design for long-term active living initiatives.</li><li>• Understand key considerations in trail planning, including user needs, environmental impact, and community integration.</li><li>• Identify different types of trails (e.g., shared-use paths, mountain bike trails, walking trails) and their suitability for various users.</li><li>• Learn about the phases of trail development from conceptualization to annual maintenance.</li></ul> <p><b>Key Topics:</b></p> <ul style="list-style-type: none"><li>• The vision for multi-use trails: connecting communities and promoting diverse activities.</li><li>• Site assessment and environmental considerations.</li><li>• User experience and safety in design.</li><li>• Basic principles of trail grade, width, and surface.</li><li>• Maintenance planning and volunteer involvement.</li><li>• Case studies of successful trail projects in Newfoundland and Labrador.</li></ul> <p><u>SHORTENED Description (could be used for social media)</u></p> <p>This guide is your roadmap for creating amazing, long-lasting trails. It connects the big-picture vision for a trail network with the practical</p>	Ian- Executive Director, West Coast Cycling Association	<p><b>Ian Colbourne</b> is a long-time Corner Brook resident who is passionate about mountain biking and outdoor recreation. As the Executive Director of the West Coast Cycling Association, he leads the effort to create and care for the trails many of us enjoy. He works with volunteers and community groups to create sustainable trails that help make Western Newfoundland a hub for active living.</p>
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	steps needed to build and maintain. You'll discover how trails can bring big benefits to your community, from making it easier to stay active, to attracting tourists and growing the local economy.		
Outdoor Programming	<p>Outdoor Play enhances children's overall wellbeing and development. Research has shown that children exposed to outside play grow stronger and more resilient, and it increases their self-regulation in the world around them. Children need space and time to explore being outside.</p> <p>To provide quality Outdoor Learning Environments, we need skills and knowledge to be successful in our spaces.</p> <p>This workshop introduces the Importance of Outdoor Play and Land-Based Learning.</p> <p>We will explore how to complete Risk Assessments and Site Checks. How to dress for the weather and discuss tools &amp; gear needed, and more.</p>	Lori Dalton – Executive Director, Cloudberry Forest School	<b>Lori Dalton</b> is an experienced Early Childhood Educator with nearly 30 years in the field. She's dedicated to continuous professional learning to stay current with best practices and ensure quality in early learning. Lori believes in a holistic approach, focusing on meeting individuals where they are to create plans that encourage positive learning experiences. She's also a strong advocate for outdoor play and nature engagement for both children and educators, recognizing its significant benefits