Why Sponsor Us?

Widespread exposure of your brand to 175+ attendees and 34,000+ followers on social media giving you the opportunity to connect with communities, schools, families and organizations locally and globally.

We offer cutting edge tools and products to support mental, emotional and educational wellness.

Be part of something incredible. We are changing the lives of children, parents, and those that work with children everyday! Your sponsorship helps make it possible!

The symposium is broadcasted live on VoicED Radio, extending your advertising reach!

Who Attends?

Leading practitioners, decision-makers and influencers in education, mental health & academia from around the world.
Who Are We?

The MEHRIT Centre (TMC) is a social enterprise, established by Dr. Stuart Shanker (D. Phil.) in 2012 to work towards a vision of calm, alert and flourishing children, youth and adults. Our mission is to ground learning and living in mindful self-regulation using the science-based and practice-informed knowledge, tools and resources of Shanker Self-Reg®.

Shanker Self-Reg® is a powerful method for understanding stress and managing tension and energy flow in order to support mindful self-regulation. At its core, self-regulation is all about how we manage stress, how much energy we expend in responding to stress and how well we recover. Effective self-regulation involves learning to recognize and respond to the inevitable stresses—both positive and negative—that are part of life and learning.

Educators and mental health professionals from across Canada and around the world are using Self-Reg tools and resources to support self-regulation, optimal learning and mental wellness in children, youth and adults.

Learn more about Self-Reg here.

Our Vision:
We envision a nation and world where all children, youth and families can truly flourish. Recent scientific advances have shown us how we can help every child, youth and family build the capacity to flourish. The MEHRIT Centre (TMC) is dedicated to putting this science into practice.
What is the Self-Reg Summer Symposium?
The annual Self-Reg Summer Symposium was launched in 2015 to create an optimal experience of Self-Reg learning and networking. Since then, we have watched our numbers grow every year and seen an impressive expansion in Self-Reg knowledge and our Self-Reg community, which includes educators, mental health professionals, researchers and parents from many different parts of the world.

This July, Dr. Stuart Shanker and the TMC team are joining together with top experts in the field of self-regulation for our 5th annual Self-Reg Summer Symposium: Self-Reg, Social Justice & Democracy: The Future Lies in the Hands of Self-Reg Parents, Schools and Communities. Our fifth annual symposium is an important milestone that presents a wonderful opportunity to celebrate this growth as we continue learning and working on even more ways to support self-regulation in children, youth and adults.

The four days of engaging, thought provoking sessions will focus on how Self-Reg can help sustain social justice, democracy and civil engagement, one community, one classroom, one family, one child at a time.

Along with illuminating Self-Reg learning our Symposium also provides a complete Self-Reg experience, through energizing and calming activities such as yoga, canoeing and kayaking, massages, nature hikes, biking, swimming, and much more!

The symposium will take place on the beautiful Trent University campus, located in Peterborough, Ontario from July 8th-11th, 2019.

Who Is Attending and Why Should I Get Involved?
People come from across Canada and the world to participate in our exciting symposium. Most are professionals: leaders and decision-makers who apply Self-Reg in their respective fields including education, mental health service, wellness, academia and research. Thus, our symposium offers sponsors and partners an opportunity to connect with a diverse audience of influencers who represent a broad range of human services and geographic locations.
Becoming a Self-Reg Haven

Our mission is to ground living and learning in self-regulation. We use four terms to describe the journey to becoming a Self-Reg haven:

**SEEDS:**
Self-Reg is an area of interest for your organization

**SUNRISE:**
Self-Reg is developing in some areas of your organizations work.

**QUILT:**
Self-Reg is infused in many areas of your organization's work that you are linking together.

**HAVEN:**
Self-Reg is part of your foundational framework, through which all else is framed.

“That word “haven” speaks to the importance of having our students feel safe and secure from the moment that they enter school: emotionally as well as physically.”

-Dr. Stuart Shanker
## Opportunities

Looking for other ways to contribute?
Why not sponsor one of our Self-Reg activities: yoga, zumba, kayaking, canoeing or massages? We’re also looking for sponsors to provide items to go in the delegate bags each attendee receives, or help support our free, & open to the community parents night. There are many different sponsorship opportunities available, email [ashley@self-reg.ca](mailto:ashley@self-reg.ca) to discuss what option might be best for you.

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