Monday, July 6

6:45AM - 8:00AM  Personal Self-Reg Options: Yoga, board games, nature walks etc.
7:45AM - 8:30AM  Registration, Coffee & Connecting
8:30AM - 8:45AM  Welcome with Susan Hopkins
8:45AM - 10:15AM Opening Keynote with Stuart Shanker: The Self-Reg Path
10:15AM - 12:00PM Morning Break
12:00PM - 1:15PM  Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.
1:15PM - 2:30PM  Sessions Options (Four Options)
                  Self-Reg 101: Introduction to the Self-Reg Framework
                  Self-Reg Talks on Well-Being Stream 1, Session 1
                  Self-Reg Talks on Equity & Inclusion Stream 2, Session 1
                  Master Class with Stuart Shanker- Self-Reg for a Just Society
2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Sessions Options (Four Options)
                  Self-Reg 101: Self-Reg Inquiry Practice 1: Reframe Behaviour
                  Self-Reg Talks on Well-Being Stream 1, Session 2
                  Self-Reg Talks on Equity & Inclusion Stream 2, Session 2
                  Master Class: School Leadership for Self-Reg Havens with Susan Hopkins
4:00PM - 5:30PM  Personal Self-Reg Options: Swimming, nature walks, canoeing, kayaking, board games, etc.
7:00PM - 9:00PM  Self-Reg Nibble & Natter (free)

Tuesday, July 7

6:45AM - 8:00AM  Personal Self-Reg Options: Yoga, board games, nature walks etc.
7:45AM - 8:30AM  Welcome
8:30AM - 8:45AM  Welcome
8:45AM - 10:15AM Sessions Options (Four Options)
                  Self-Reg 101: Self-Reg Inquiry Practice 3: Reduce the Stress Load
                  Breakouts
                  Four Self-Reg School Streams: The Quilt Journey
                  Master Class: Reframing Human Development, Potentiating the Potential
10:15AM - 10:30AM Morning Break
10:30AM - 12:00PM Keynote with Stuart Shanker: No Human Left Behind
12:00PM - 1:15PM  Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.
1:15PM - 2:30PM  Sessions Options (Four Options)
                  Self-Reg 101: Self-Reg Inquiry Practice 4. Reflect: Enhance Stress Awareness
                  Four Self-Reg School Streams: Sunrise Journey
                  Facilitated Small Group Workshop Options
                  Master Class: Reframing Lazy, Potentiating the Potential
2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Panel (Guests & Full Circle) Moderated by Susan Hopkins.
                  Self-Reg, Equity, Well-Being and the three A’s: Autism, ADHD, Anxiety
4:00PM - 5:30PM  Personal Self-Reg Options: Swimming, nature walks, canoeing, kayaking, board games, etc.
7:00PM - 9:00PM  Parents Evening

Wednesday, July 8

6:45AM - 8:00AM  Personal Self-Reg Options: Yoga, board games, nature walks etc.
7:45AM - 8:30AM  Welcome
8:30AM - 8:45AM  Welcome
8:45AM - 10:15AM Sessions Options (Four Options)
                  Self-Reg 101: Self-Reg Inquiry Practice 5: Respond: Restoration and Resilience
                  Breakouts
                  1. Reframing ADHD. 2. Self-Regging an Art Experience. 3. My Self-Reg: Session B
                  Facilitated Small Group Workshop Option
                  Master Class: Reframing Lying, Potentiating the Potential
10:15AM - 10:30AM Morning Break
10:30AM - 12:00PM Keynote with Stuart Shanker: Discovering our Prosocial Past to Build our Prosocial Future
12:00PM - 1:15PM  Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.
1:15PM - 2:30PM  Sessions Options (Four Options)
                  Self-Reg 101: Four Self-Reg School Streams: Seeds Journey
                  Breakouts
                  1. Reframing Autism. 2. Self-Regging a Yoga Experience. 3. My Self-Reg: Session C
                  Facilitated Small Group Workshop Options
                  Master Class: Reframing IQ, Potentiating the Potential
2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Self-Reg, Equity, Well-Being: A Delegate Driven Session
4:00PM - 5:30PM  Personal Self-Reg Options: Swimming, nature walks, canoeing, kayaking, board games, etc.
6:30PM - 8:00PM  Celebration Dinner

Thursday, July 9

6:45AM - 8:00AM  Personal Self-Reg Options: Yoga, board games, nature walks etc.
7:45AM - 8:30AM  Coffee & Connecting
8:30AM - 8:45AM  Welcome
8:45AM - 10:15AM Keynote with Jean Clinton
10:15AM - 10:30AM Morning Break
10:30AM - 12:00PM Keynote with Stuart Shanker: Self-Reg for a Just Society
12:00PM - 1:15PM  Celebration Lunch