

# INSPIRATION 2006

## PARENT WORKSHOP OUTLINES

### MORNING ROUND TABLE DISCUSSIONS

Each session will be 25 minutes and have a maximum of 9 people at each table.

If you have any questions or need clarification on a topic please contact Donna at 1.800.665.3223 ext. 23  
Please fax your form to AboutFace at 416.597.8494 as soon as possible

**Adult #1** First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Age(s) of your children \_\_\_\_\_

I will attend: Session # \_\_\_\_\_, Session # \_\_\_\_\_, Session # \_\_\_\_\_

**Adult #2** First Name \_\_\_\_\_ Last Name: \_\_\_\_\_

Age(s) of your children \_\_\_\_\_

I will attend: Session # \_\_\_\_\_, Session # \_\_\_\_\_, Session # \_\_\_\_\_

**Session Choices** **\*\* You Can Attend Three Sessions \*\*** *Place the Session numbers in the spaces above.*

1. **Self Esteem**: What is it? How do I help my child develop it and keep it?  
(for parents of children aged 4-18yrs. )
2. **Your Child's Condition**-teach yourself and your child how to explain it to others  
(for parents of children 0-12yrs.)
3. **Advocating for your Child**-what do I do if there is a problem? Where do I go?  
(for parents of children 0-14yrs.)
4. **Acceptance**-of your child's condition-looking at the process of grief for new parents, talk about what you can do to make a difference for your child. (for parents of children 0-5yrs.)
5. **Taunting and Bullying**-identifying it and stopping it  
(for parents of all children 8-18yrs)
6. **Dealing with Difficult Situations/Educating the Public**-strangers, friends, family who aren't polite or can't communicate with you any longer, staring etc., look at the strategies involved in dealing with others and find solutions that work (for parents of children all ages)
7. **Preparing for Surgery/Oral Health/Nutrition**-identify key elements in mentally preparing you child for surgery/dental health and how it affects your child, eating habits and nutrition to best compliment your child's life (for parents of children who still have surgeries in the future)
8. **Depression**-what are the signs and what can you do to help? Resources you can use.  
(for parents of children 8-18yrs.)
9. **Rearing a child with a Difference**-how is it different from any other child?, how to identify behavior specific to the facial difference?, how do we treat every one equally? Making Friends: how you can help your child?  
(for parents of children 0-12yrs.)

10. **Siblings**-how are we raising our siblings and what should we be doing in relation to our child with a facial difference, look at options to include the siblings in the process (for any parent who has other children aged 0-18yrs.)
11. **Transitions**-to middle school or high school or adult into job (for parents of children who have starting or are leaving the school system or leaving the pediatric medical hospital)
12. **Creating a Support Network for Yourself and Family**: the importance of not doing it all on your own, how to create a network of support from others. (for parents of children at any age)

**AFTERNOON SESSIONS** - Place a checkmark beside one topic for each time slot

- 1:00pm            a. \_\_\_\_\_ Women Rule!! (for women only)            b. \_\_\_\_\_ Men Rock!! (for men only)
- c. \_\_\_\_\_ "Relaxation & Meditation for the Soul"

**Description of Workshops**

- a. **Women Rule!!** (for women only)

Come and discover what you have to offer each other!! In this workshop we will explore different avenues of life that directly impact who we are as women and how we relate to the others.

Discuss with other women:

- Self confidence in the face of society and workplace
- Personal relationships-dating/intimacy
- Media/Societal –beauty myths identify and dispel
- Assumption in society that you are less of a person, less smart etc.
- Discover your true feelings-letting go of your past experiences
- Future aspirations and challenges
- Recognizing depression and how to deal with it

This workshop is informal & will flow freely; allowing for open discussion about whatever topics arise for the [group](#).

- b. **Men Rock!!** (for men only)

You're not alone! Get Connected!! Discover what you have to offer each other!! We all have important life experiences to share with others if given the opportunity. Come to this workshop and get connected to other men in a unique way.

Discuss with other men topics such as:

- How are you dealing with the public? the medical community? your partners? your child? your spouse?
- Personal Relationships-dating/intimacy
- How does society deal with differences – what assumptions are being made? How's your self-confidence?
- Are you dealing with sports and risks?
- Guilt about holding onto your past?
- Dealing with relationships and/or your child's relationships
- How are you dealing with the aspirations and future challenges?
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This workshop is informal & will flow freely; allowing for open discussion about whatever topics arise for the [group](#).

c. **“Relaxation & Meditation for the Soul”** with Caroline Gutierrez

In this seminar we will be looking at the ability we all have to use the power of our minds to relax physically, and how this learned technique could help in many different areas of your life. You will also learn to use your mind for other things like allowing yourself to overcome such obstacles as fear and self-doubt and ultimately unleashing your own inner power. The last 30-40 minutes will be a guided, taught relaxation experience that you can use in everyday life. (Repeated at 2:45pm)

- 2:45pm**      a. \_\_\_\_ Making Your Relationships Work      b. \_\_\_\_ “Everyone Can Win”-Conflict Resolution  
                  c. \_\_\_\_ “Relaxation & Meditation for the Soul” (repeat of 1pm session-see above details)

**Description of Workshops**

a. **“Making Your Relationships Work”**

- Defining your relationships
- Your role and responsibilities
- Ownership in the conversation
- Your level of self esteem and how it affects your relationships
- How your past experiences shapes your current experiences in relationships

b. **“Everyone Can Win”**

- Define conflict resolution and identify conflict areas in your life
- What effects your behavior has on the outcome of a discussion
- How to resolve conflict in your relationships