

Friday, October 16, 2015

TIME TBD	Registration
7:00 pm – 10:00 pm	Dinner, Meet & Greet

Saturday, October 17, 2015

7:00 am – 8:00 am	Early Risers: Optional Morning Activity <i>It could be yoga, a hike or a morning canoe ride... the perfect way to start your weekend at camp!</i>
8:00 am – 8:45 am	Breakfast
8:45 am – 9:15 am	Optional Camp Tour
9:15 am – 10:05 am	We Are All Storytellers: Discovering the Power of Knowing and Sharing Your Story <ul style="list-style-type: none"> ➤ Michael Lang, Executive Director, Survive & Thrive Cancer Programs; Specialist, Person Centred Integration, AHS CancerControl; Research Assistant, University of Calgary ➤ Raymund Ong, Founder, C4 Murals, Toronto, ON
10:05 am – 10:15 am	Q& A Period
10:15 am – 10:30 am	Break/transition time
10:30 am-12:00 pm	Exercise/activity break
12:00pm – 12:45 pm	Lunch
12:45 pm – 1:35 pm	Managing Your Fertility: Current Options, Practical Strategies <ul style="list-style-type: none"> ➤ Sara Cohen, Fertility Lawyer, Fertility Law Canada, Toronto, ON ➤ Karen Glass, Director, Oncofertility Program, CReATe IVF, Toronto, ON
1:35 pm – 1:45 pm	Q & A Period
1:45 pm – 2:00 pm	Break/transition time
2:00 pm – 3:15 pm	Workshop A – Mindful Meditation <ul style="list-style-type: none"> ➤ Mary Elliott, Psychiatrist; Psychotherapist, Princess Margaret Cancer Centre, Toronto, ON
	Workshop B – Communicating with Family and Friends <ul style="list-style-type: none"> ➤ Norma D’Agostino, Psychologist, Department of Psychosocial Oncology and Palliative Care, Princess Margaret Cancer Centre, Toronto, ON
	Workshop C – Common Workplace Issues: Tools and Strategies <ul style="list-style-type: none"> ➤ Lori Otte, SAVTI Counsellor, POGO; Vocational Rehabilitation Consultant, Children’s Hospital, London Health Sciences Centre, London, ON
	Workshop D – Looking Back on the Road Less Travelled: The Survivor Dialogues Survivor-led group discussion:

	<ul style="list-style-type: none"> ➤ Leanne Waddell ➤ Les White
	<p>Workshop E – Genetic Testing for Cancer Survivors – Who and When</p> <ul style="list-style-type: none"> ➤ Nicole Parkinson, Genetic Counsellor, SickKids, Toronto, ON
3:15 pm – 3:30 pm	Break/transition time
3:30 pm – 4:45 pm	<p>3 pm Pick-me-Up: Exercise/activity break</p> <p><i>Take in the fresh air, beautiful scenery... and perhaps a high ropes course? Or maybe archery is more your thing. The options are (almost!) endless.</i></p>
4:45 pm – 5:00 pm	Break/transition time
5:00 pm – 6:15 pm	Workshops Repeat
6:15 pm – 7:00 pm	<p>Free Time</p> <p><i>Nap, chill, recharge... you've earned it!</i></p>
7:00 pm – 8:00 pm	Dinner
8:00 pm – whenever	<p>Evening Social</p> <p><i>Get ready to let your hair down... this is a chance to network with fellow survivors and relax after a jam-packed day of learning.</i></p>

Sunday, October 18, 2015

7:00 am – 8:00 am	<p>Early Risers: Optional morning activity</p> <p><i>Only a few hours left in paradise... enjoy it while you can!</i></p>
8:00 am – 8:45 am	Breakfast
8:45 am – 9:20 am	<p>All in the Family: Talking to Siblings about Childhood Cancer</p> <ul style="list-style-type: none"> ➤ Norma D'Agostino, Psychologist, Department of Psychosocial Oncology and Palliative Care, Princess Margaret Cancer Centre, Toronto, ON ➤ Jenna Shamata, sibling of childhood cancer survivor ➤ Kevin Wang, MD/PhD student, University of Toronto; sibling of childhood cancer survivor
9:20 am – 9:30 am	Q & A Period
9:30 am – 10:05 am	<p>Beyond Survival: Emotional Equilibrium After Cancer</p> <ul style="list-style-type: none"> ➤ Christopher Recklitis, Director of Research, Perini Family Survivors' Center; Senior Psychologist, Dana-Farber Cancer Institute, Boston, MA
10:05 am – 10:15 am	Q & A Period
10:15 am – 10:30 am	Break/Transition time
10:30 am – 11:30 am	<p>Mid-morning stretch: Exercise/activity break</p> <p><i>Take full advantage of the camp's amazing location and facilities one last time... the perfect way to</i></p>



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	<i>recharge before the final workshop session gets underway.</i>
11:30 am – 11:45 am	Break/Transition time
11:45 am – 1:00 pm	Workshops Repeat
1:00pm – 2:00 pm	Lunch
2:00pm – 2:30 pm	Wrapping it Up: Reflections on the Weekend, Final Goodbyes, etc.