



FRIDAY, SEPTEMBER 20, 2019

1:00 pm – 10:00 pm	Registration	
Various Times	Camp Tours (1:00 pm; 4:00 pm; 8:00 pm)	
5:30 pm	“Buddy Up” Meet-Up	
6:00 pm – 6:15 pm	Icebreakers	
6:15 pm – 7:00 pm	<p>Welcome</p> <p>The Survivor Collective: Journeying Together <i>Five survivors share their personal perspectives related to these themes</i></p> <ol style="list-style-type: none"> 1. Mental Health – Ms. Jessica Murphy 2. Survivor Guilt – Mr. Les White 3. Race, Culture, Cancer – Ms. Alyssa Whiteman 4. Academic/Vocational Challenges – Ms. Grace Herron 5. Being “Just normal” – and being okay with that – Ms. Maya Stern <p><i>Attendees will be guided through five minute reflections on survivors' personal journeys and what they would want to take away from the weekend.</i></p>	
7:00 pm – 8:00 pm	Dinner	
8:00 pm onwards	Free Time/Camp Programming	<p>Optional Group Chat (45 minutes): Volunteerism: How to Find the Right Fit When You Want to Give Back Speakers: Mr. Noah Severino/Mr. Josh McGonegal</p>



SATURDAY, SEPTEMBER 21, 2019

7:00 am – 8:00 am	Early Risers: Optional Morning Activity	
8:00 am – 8:40 am	Breakfast	
8:40 am – 8:45 am	Welcome!	
8:45 am – 9:25 am	Mental Health and Survivorship Speaker: Dr. Joel Tourigny, Psychologist, The Hospital for Sick Children	
9:25 am – 9:30 am	Stretch Break	
9:30 am – 10:15 am	Survivor Guilt Panel Speakers: Dr. Joel Tourigny, Psychologist, The Hospital for Sick Children and Dr. Mary Elliott, Psychiatrist, Princess Margaret Cancer Centre Survivors: Ms. Leanne Brown and Mr. Noah Severino	
10:15 am – 10:30 am	Morning Break	
10:30 am - 11:00 am	Cannabis Use in Survivorship Speaker: Dr. Taylor Lougheed, Lead Physician, Canabo Medical Clinic (Ottawa)	How to Implement an Exercise Routine You Can Stick With – and May Actually Enjoy! Dr. Scott Adams, Post-Doctoral Fellow, Faculty of Kinesiology and Physical Education, University of Toronto
11:00 am-12:30 pm	Getting to Know You: Team Exercise	
12:30 pm – 1:15 pm	Lunch	



SATURDAY, SEPTEMBER 21, 2019

1:15 pm – 2:45 pm	Workshop A – Self Care: A Deeper Dive Group Facilitators: Art Therapy: Making way for the Silent Voice of Creative Self Expression – Ms. Ellen Paonessa, Art Therapist & Registered Psychotherapist, Princess Margaret Cancer Centre Journaling: Healing Through Writing - Dr. Sharon Bray, Writing Through Cancer Music Therapy – Ms. SarahRose Black, Accredited Music Therapist, Princess Margaret Cancer Centre	
	Workshop B – Intimate Relationships and Sexual Health: Your Questions Answered Speaker: Ms. Reanne Booker, OASIS (Oncology and Sexuality, Intimacy and Survivorship) Psychosocial Oncology, Tom Baker Cancer Centre	
	Workshop C – Living with Grief and Loss Speaker: Ms. Carly Fleming, Everwell Integrated Health Professionals Survivor: Mr. Les White	
	Workshop D – Practical Strategies to Tackle Memory Challenges Speaker: Ms. Komal Shaikh, , Clinical Neuropsychology, York University	
2:45 pm – 4:00 pm	Exercise/Activity Break (Ooch Programming)	
4:00 pm – 5:30 pm	Workshops Repeat	
5:30 pm – 6:30 pm	Free Time/Camp Programming	Optional Group Chat (45 minutes): Race, Culture and Cancer: Let's Talk About It Speaker: Ms. Zeba Tayabee; Discussant: Ms. Alyssa Whiteman
6:30 pm – 8:00 pm	Dinner	
8:00 pm – whenever	Evening Social	



SUNDAY, SEPTEMBER 22, 2019

7:00 am – 8:00 am	Early Risers: Optional Morning Activity
8:00 am – 9:00 am	Breakfast
9:00 am – 9:45 am	Stress Management – Practical Ways to Find Your ‘Zen’ <i>Speaker: Dr. Mary Elliott, Psychiatrist, Princess Margaret Cancer Centre</i>
10:00 am – 11:30 am	Workshops Repeat
11:30 am – 12:15 pm	The Survivor Collective: Reflections on the Weekend
12:15 pm – 1:00 pm	Pack-Up
1:00 pm – 2:00 pm	Lunch, Evaluation and Conference Wrap-Up
2:30 pm	Buses Depart