



Blue Friday

November 20th, 2015

Blue Friday is an annual conference that builds awareness about the impacts and effects of bullying. Blue Friday also focuses on core skill development, allowing for youth to create change and implement strategies to help reduce or **eliminate bullying forever**.





NAHEED K. NENSHI, MAYOR

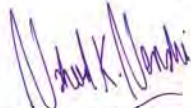
PROCLAMATION

Bullying is an object of action or influence used to change the behavior of others negatively; or, as a device used to establish control over other persons. *Bullying Awareness Week* is an opportunity for people at the grassroots level in communities to get involved and to prevent bullying through education and awareness.

- Whereas: Approximately 85 per cent of bullying episodes occur in the context of a peer group;
- Whereas: Bullying is a universal problem that affects people directly or indirectly, regardless of their age, gender, culture, religion or nationality;
- Whereas: The theme for 2015 is "New Beginnings" as we face challenges, we can explore different possibilities and embrace the beauty of new beginnings.

On behalf of City Council and the citizens of Calgary, I hereby proclaim the week of November 15 – 21, 2015 as:

"BULLYING AWARENESS WEEK"


NAHEED K. NENSHI
MAYOR



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Proudly serving a great city

Acknowledgements



A genuine thank-you to the students, teachers, and staff of Father Scollen Junior High School, for the use of their facilities and their time for this special event.

Additional thanks to our many
volunteers, speakers, and
those who help to make this event
a success year after year.

Blue Friday took place at Forest Lawn High School over a year ago and what a wonderful experience! Over 80% of classes participated and students said they learned so much and participated in amazing activities that had a positive impact on them. I would bring Blue Friday back to Forest Lawn High School again and again because of the tremendous learning that took place. PMAST team did terrific work and the presenters were excellent.

Tina Merali

November 2015



Serving Youth, Families & Communities

103, 1811 – 4 Street SW
Calgary AB, T2S 1W2
Phone: (403) 861-2517

November 20, 2015

On behalf of Peer Mediation and Skills Training (PMAST), we proudly present the eighth annual Blue Friday Conference. We welcome and thank you for being a part of this special day. We are pleased to be at Father Scollen Junior High School today.

It is through this conference-based instruction, and through our additional project-based instruction - completed throughout the school year - that we can continue to ensure that the necessary skill development we provide to youth continues to be delivered.

PMAST is a non-profit charitable organization that teaches conflict management and leadership skills to youth and community groups. Our programs address issues that affect the wellbeing of people and communities, including bullying, conflict, relationship breakdowns, and crime.

We strive to be the voice for alternative dispute resolution and conflict management. Our service model is focused on building strong youth and strong communities. We teach conflict resolution skills to young people and others in schools and in the community; training young people to effectively use these skills in all areas of their lives. Through our relevant, research-based programming, we're working to empower young people to address conflict peer-to-peer, and to create safe places to learn and grow.

We are very grateful for the continued support from our community partners that make it possible for PMAST to continue to provide our programs and services.

If you would like more information on PMAST and its services, we encourage you to contact us. Please visit www.pmast.org for more information.

With warm regards,

A handwritten signature in blue ink that reads "R. V. Lang". The signature is written in a cursive style with a clear, legible font.

R. V. (Bob) Lang, President
Peer Mediation And Skills Training (PMAST)

MEMORANDUM

TO: ALL ATTENDEES
FROM: 2015 COMMITTEE, PEER MEDIATION AND SKILLS TRAINING (PMAST)
SUBJECT: BLUE FRIDAY CONFERENCE AT FATHER SCOLLEN JUNIOR HIGH SCHOOL
DATE: NOVEMBER 20, 2015

"NEW BEGINNINGS"

2015 has brought many great changes to Peer Mediation And Skills Training, new changes to our Province of Alberta, to our great country of Canada with new leadership and a new Prime Minister.

We also have seen turmoil in Europe and Africa where people are being displaced and finding great changes in their lives and hopefully finding solace and peace in new surroundings with new beginnings.

As part of community events happening during Bullying Awareness Week in Calgary, Blue Friday 2015 continues to promote peace building through awareness, offering new skills to support our young people as they face challenges of growing up, and be able to move on to having confidence, self esteem and the courage to begin again in a new paradigm.

I am totally grateful to all the Sponsors, Speakers, Volunteers and Supporters who have return to support this event and welcome those who are new, all willingly and freely gave their time, energy and resources to ensure that our youth are well.

"New Beginnings"

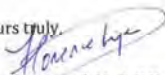
As we go through life and learn new things, we try to always do the best we can base on our experiences and knowledge in that moment in time. We hold onto our values, perceptions and best intentions, until the day we realize that these values and perceptions do not serve us they had in the past. We become open to growing with both experiences of the past and information in the present, to gain confidence and grace with new beginnings.

In short, we face the challenges, explore the possibilities and embrace the beauty of new beginnings.

"The best endings are the ones that lead to new beginnings."

Mathangi Subramanian

Yours truly,



Florence Lye, C. Med, IMI, RFM, ICF
Event Co-ordinator
Blue.Friday@pmast.org
Changing our Community One School at a time.



Serving Youth, Families & Communities

103, 1811 - 4 Street SW
Calgary AB, T2S 1W2
Phone: (403) 861-2517

November 20, 2015

To our conference attendees, it is my pleasure to welcome you to the 8th Annual Blue Friday Conference at Father Scollen Catholic School. Blue Friday is a signature event for PMAST that we are extremely proud to provide to the community. It is our hope that as you participate in the activities and presentations it will encourage your learning, growth, and change.

I would like to extend my thanks to our volunteers and the extremely dedicated and efficient Florence Lye who has been responsible for all aspects of the organization, programme, and marketing of this event. Florence and her team have worked tirelessly to make Blue Friday possible.

Each year I am humbled by the generosity of our many supporters. Companies such as Apache continue to contribute financial support year after year to this amazing event. Apache is a leader in our community and we greatly appreciate their support in helping us as we contribute to shaping the future of our great city. The Calgary Northmount Kiwanis Club have become a major supporter and partner of PMAST and have contributed significantly to this event. Mount Royal University is also a long standing supporter of Blue Friday. A big thank you also to our private donors.

Before I close I would like to acknowledge the presenters for being part of Blue Friday and bringing your expertise to our gathering. You are indeed our greatest asset and we could not accomplish this event without your support and generosity. My personal respect and thanks go out to all of you.

I hope everyone will enjoy what promises to be an incredible day!

With kind regards,

A handwritten signature in black ink that reads "Winston Blake". The signature is written in a cursive style with a horizontal line underneath.

Winston Blake, Managing Director
Peer Mediation And Skills Training (PMAST)

www.pmast.org



Keynote Speaker

Mackenzie Murphy

After dealing with several years of bullying both online and in school, Mackenzie attempted to take her life in 2012. One month out of treatment, Mackenzie contacted Airdrie City Council in regards to proposing an anti-bullying bylaw to help provide awareness, education, prevention and support to her community and those struggling with bullying.

Ever since, she has become a vocal advocate, speaking out about the effects of bullying and the mental health stigma. By sharing her story, Mackenzie hopes to build a community of youth that come together with an understanding and mutual respect for one another. Mackenzie has joined forces with many organizations that both believe and fight for the same cause including Wear Your Label, a clothing line used to spark a positive conversation surrounding mental health, and Morgan's Mission, an organization that was created after Bailey Dunbar, lost her twin sister to suicide after being bullied.

Since speaking out about her struggles almost 4 years ago, Mackenzie has been recognized internationally, and has been given several awards such as the International Diana Award and the Canadian Living, Me to We award for social action for her efforts in creating change among the mental health community. In March 2015, Mackenzie was crowned Miss Teenage Airdrie and uses this title to promote her platform and prove that you are never defined by your illnesses. Most recently, Mackenzie spoke amongst 16,000 students and teachers across Alberta at We Day 2015.

She is extremely excited to connect with all the students at this year's Blue Friday and hopes to share her voice, and give someone else the strength to speak up.

Speakers and Sessions

Alara Payten - “ Move, Groove & Release to the Beat of the Mother Drum”

Move your body to the heart beat of the 80cm Community Mother Drum to release tension from your body, mind and spirit. Play the drum in community and learn simple chants to deepen your connection with yourself and others.

Alara Payten – “Laughter Yoga - Jazz Up Your Health and Release Your Stress”

Did you know that Laughter Yoga activities and meditations can improve your physical, emotional and mental well-being? Go ahead, laugh it up, jest for the health of it!

Bruce Lee – “The 5 Attributes of Being The Best You Can Be!”

When you know what you need to do to stay on track in school, a great career will follow. This shows you exactly how to stay motivated and focused.

Carolyn Ricciardi -“Great Things Out of New Beginnings”

Come find out what helped me overcome rejection, fear of failure and self talk. I will share where I have come from and my journey with the support of one special person who believed in me.

Speakers and Sessions

Channell Binder - “Scapegoating”

Have you ever been blamed for something someone else has done? A scapegoat is a person who is blamed for the wrongdoings, mistakes, or the faults of another. This fun and interactive session will explore how this happens in our daily lives and will challenge your ideas on scapegoating and how to deal with it.

Chris Cromwell – “Fresh Curiosity”

This presentation is centred around ideas of curiosity and inspiration; and the connection between interest and exploration. We discuss the power of curiosity and the role it plays in living a fulfilling and creative life.

Derek Wilken – “Defend Yourself with Humour”

Knock Knock...Who's there? It's not what happens to us in life - it is how we respond to these events. This session will introduce youth to using comedy as a means to define and deflect the arrows of attack. Warning! This session may be fun!

Don Schapira – “Battling Bullying”

Personal journey on overcoming Bullying, finding your true self in times of difficulty, and how that journey continues... prelude - I moved to Red Deer to begin Grade 5 as a former Israeli student... come find out how I managed school years and then some.

Speakers and Sessions

Donna Dahl - “Dream Dare Do”

Never let go of your dreams...NEVER. Keep your sights on what matters to you. ALWAYS. Do you have to share your dream with others? Only if you want to. What’s important for you to include in your life? Be prepared to be challenged to look forward into life after you graduate from school. Be prepared to be challenged to succeed.

Erika Deines – “Improvising Skills in Communication”

In this hands-on workshop participants will laugh a lot as they practice their listening skills. They will take away practical communication skills they can apply immediately and prevent or diffuse a potentially difficult conversation. We will

- Explore everyone’s Improvisation Skills in Communication
- Learn three Key Attributes to Communication Excellence

Jody Swift – “Communication and Self Esteem”

We have all felt isolated or separated from our peers and society at times in our lives. This class shows how we can re-connect and feel included again.

Jody Swift – “Exploring Trust through Drama”

This is a fun, interactive session using drama to illustrate building trust. Come and play!

Speakers and Sessions

JT (John) Thiessen – “Understanding Fear “

Is fear good or bad? The answer is Yes!
Fear cannot be eliminated or mastered. It can however be Understood. Come to this session and find out how fear works in your mind and your body. Learn a simple technique that will change how you deal with fear from now on. John is a professional skydiver and instructor with over 2800 jumps. He is the creator of "The Intentional Tandem Skydive Process" which has helped many learn to kick fear to the curb and transform they way they view themselves and their lives. His straight up, realistic approach to life make this session a must attend. And Yes, he will be bringing his parachute. Blue Skies!

Kevin Benner – “Preventing Bullying” - UBAKA

We are here to help prevent bullying in a non-violent manner. We will explore ideas to understand a bully and how to shift the power from a bully to people being bullied.

Kimi Nakamura – “Living Foods – Connecting to Life’s Energy”

Experience and learn about what ‘living foods’ are to support your healthy body, mind and soul. Living foods will be sampled. Ideas and recipes will be shared for a new beginning with how you to feed yourself.

Time Table and

REGISTRATION - SCHOOL LIBRARY (8:00 - 8:45)
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Keynote Address - MacKenzie Murphy - Main Gym (9:00 - 9:55)
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	Period Two (10:00-10:50 am)	Break 10:50-10:55	Period Three (11:00-11:50 pm)	Break 11:55-12:40	Period Four (12:45-1:40 pm)
Room	Speaker		Speaker		Speaker
114	Don Schapira	Break	Don Schapira	Break	Don Schapira
115	Tannis Dyrland	Break	Channell Binder	Break	Channell Binder
116	Carolin Ricciardi	Break	Carolin Ricciardi	Break	Carolin Ricciardi
117	Jody Swift	Break	Jody Swift	Break	Jody Swift
118	Derek Wilken	Break	Derek Wilken	Break	Derek Wilken
122	Bruce Lee	Break	Bruce Lee	Break	Donna Dahl
151	Kimi Nakamura	Break	Kimi Nakamura	Break	Kimi Nakamura
156	Scott Gullion	Break	Scott Gullion	Break	Scott Gullion

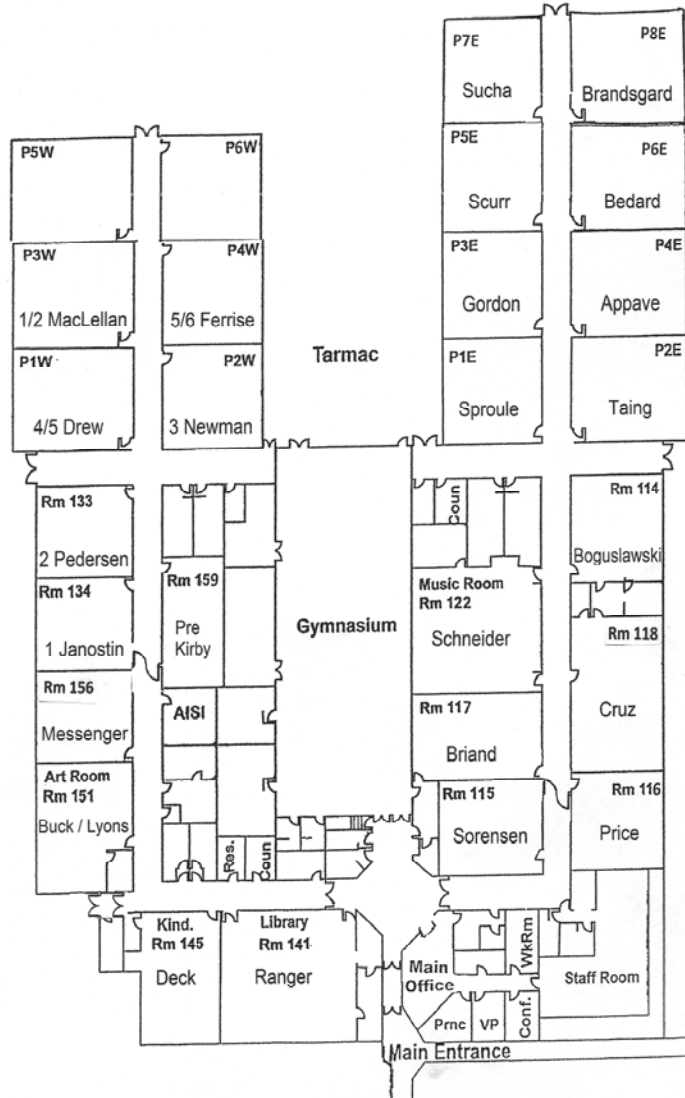
Room Designations

156	Scott Gullion	Break	Scott Gullion	Break	Scott Gullion
Gym 1/2	Alara Payten	Break		Break	Alara Payten
Gym 1/2	Chris Cromwell	Break	Chris Cromwell	Break	Chris Cromwell
P1E	Kevin Benner	Break	Kevin Benner	Break	Kevin Benner
P2E	Doreen Williams, etal	Break	Doreen Williams, etal	Break	Doreen Williams, etal
P3E	Leanne James	Break	Leanne James	Break	Leanne James
P4E	Vanessa deSouza	Break	Vanessa deSouza	Break	Vanessa deSouza
P5E	Jackie Boyer	Break	Jackie Boyer	Break	Jackie Boyer
P6E	Erika Deines	Break	Erika Deines	Break	Margery Knorr
P7E	JT (John) Thiessen	Break		Break	JT (John) Thiessen
P8E	Tina Thrusell	Break	Tina Thrusell	Break	Tina Thrusell

Keynote Wrap Up - Kelly Falardeau - Main Gym (1:45 - 2:40)

FATHER SCOLLEN SCHOOL

6839 Temple Drive NE
 Calgary, AB T1Y 5N4
 403-500-2088



Fr. Scollen Catholic School · 6839 Temple Dr NE · Calgary, AB · T1Y 5N4 · (403) 500-2088

Speakers and Sessions

Leanne James – “Say What You Want to Say - Assertiveness for Youth”

Do you have trouble expressing your feelings truthfully to your friends because you are worried about hurting their feelings? Are you agreeing to do things you rather would not do because you want your friends to like you? Learn and practice how to talk to others honestly and respectfully while still being true to yourself.

Margery Knorr - “Clarifying Assumptions”

Exploring the impact of assumptions in our lives and how to ask good questions to clarify conflict. We will look at the difference between fact, judgement and assumptions, and how assumptions play out in our lives.

Jackie Boyer— “How ONE second can change your life Forever!” A concussion may not seem like much now but a person’s life may be changed forever! Come and learn about Brain Trauma(s) and what’s next.

Scott Gullion – “A Hero's Journey “

If you could change any one thing in life, what would it be? This session teaches that by taking a moment of time to look for some differences in perspective, that all youth can change their situation for the better. Youth will learn how life's opportunities often will show up initially as challenges, but lead to later opportunities. Scott challenges youth that, if this doesn't seem possible, come out to his session to learn how the impossible can become possible.

Speakers and Sessions

Tannis Dyrland - “Deal With IT” - PMAST

A presentation on the different ways guys and girls deal with conflict. Understand the differences between how boys and girls approach conflict as well as what to do when you are directly involved. Learn some tips and techniques for dealing with these very different behaviours.

Tegan VanderSchee – “Beyond the Hurt: Bullying and Harassment Prevention” – Red Cross

Red Cross Helps youth (ages 12 and older) explore all aspects of bullying and peer harassment, interpersonal power issues, the rights and responsibilities of individuals, as well as prevention and intervention strategies. This workshop is delivered by youth educators in a peer education model. The youth educators will be accompanied by an adult mentor.

Tina Thrussell – “Don't Worry - Be Happy!”

You can be happier, healthier, feel calmer, get better grades, perform better in sports... all through the practice of Mindfulness. Have fun learning the basics of Mindfulness in this session and you'll have tools that will be helpful to you for the rest of your life!

Speakers and Sessions

Vanessa deSouza – “Need To Talk? ConnecTeen's Peer Support Service”

ConnecTeen is the youth program offered at the Calgary Distress Centre. We offer volunteer opportunities for youth aged 15-21 to support youth going through a tough time. No issue is too big or too small for our dedicated volunteers to handle. Youth talk and we listen confidentially without judgement.

PMAST

Building leaders and mentors!





Plenary Speaker

Kelly
Falardeau

Beauty Does Not Come in a Bottle!

Kelly is a burn survivor since the age of two-years-old on 75% of her body and constantly struggled with her self-worth and confidence. She found a way to go from near-death to success; from the ugly scar-faced girl to the Top 10 Most Powerful and Influential Speaker, Fierce Woman of the Year, a four-time International Best-Selling Author, recipient of the Queen Elizabeth II Diamond Jubilee Medal and most recently a YWCA Woman of Distinction.

She has also travelled to Africa twice to help the burn survivors recover from their tragic injuries and recently the producers of the Today Show and Dr Oz show are considering her to be an expert on their show.

You have to ask yourself how? How did a burn survivor who constantly struggled with rejection, staring and teasing burst through all the negativity in her life to succeed? You have to hear her speak or read her books to learn the stories of how she did it.

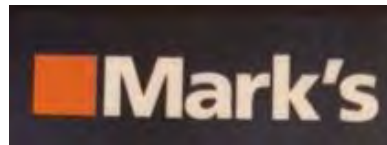
Thank you to...

the following companies for their support in providing food, drinks and swags for our Blue Friday Conference



Saigon Baguette
#5, 718—17 Avenue SW
Calgary

Eddie Kwong



Now let's give them our support!



**For more information regarding Blue Friday
(past and present) or to have Blue Friday
come to your school in 2016,
visit us at:**

WWW.PMAST.ORG

Contact us—be part of the solution

info@pmast.org

Volunteers & Supporters

Thank you to all our many volunteers who help make this event happen each year—they are all part of the change.

Thank you to the following for their generous donations:

Roland Sabourin

Seonaid Jenkins

Kimi Nakamura

Alara Payten

Caterina Barregar

Rev. Pat Ball

Starbucks—London Towne Square

And many others

Testimonials

Our Blue Friday 2014 event at Forest Lawn High School was very successful with students and staff! Their feedback was incredibly positive, focusing on personally gained skills, including self-confidence, advocacy and creating positive and meaningful relationships.

“This class was absolutely life changing...”

“I can overcome my limitations and be the best I can be...”

“It doesn't matter how old you are you can make a difference - I can do so much more as a high school student...”

“The response to bullying should change + not let it get to you + your in control...”

“That doing the simplest thing can stop anger...”

“Being yourself and unique is a valuable trait...”

“I learned a lot of new information with how to deal with bullying...”

“It was really great to learn good ways to solve conflicts...”

“It was very interesting, as she told stories of all those who made great success. It made me think about my life...”

Partners



Thank you to Our Blue Friday Sponsors

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