

Rise Up Families Conference

Register now! Limited space!

Saturday, November 9

Location: University of Guelph, Guelph, Ontario

More than 20 leading experts from Canada, the United States, and other countries (such as Kenya) are coming to see you! With their wealth of knowledge from research, teaching, and personal experiences, they will provide insightful, culturally meaningful knowledge for parents, parents-to-be, caregivers, and service providers to be effective leaders in their own homes and communities.

A variety of personal and family-related topics will be discussed, including mental health (e.g., self-esteem, self-confidence, stress, anxiety), addictions (e.g., internet/screen time) and substance use/abuse (e.g., cannabis), personal responsibility and accountability, identities (e.g., personal, social, gender, ethnic identities), positive development, parenting/fathering, parenting challenges, parent-child/youth relationships, language use, education and school-related issues, and many more! Delegates will also be able to seek guidance with experts after the conference.

Over the summer, attendees will be asked for topics and challenges that they would like to discuss with experts. So register now and have your say. After all, **knowledge is power!** When children are happy, parents are happy.

The conference will be interactive. Information will be provided in various formats with many opportunities for you to ask questions (e.g., presentations, roundtables, question & answer sessions, information flyers).

Let's work together to strengthen ALL families. Onward and upward – RISE UP ↑

**Got questions or suggestions? Need a Registration Form?
Please contact Susan Chuang – schuang@uoguelph.ca**

Registration Information

	Early Bird by Sept. 15	At the door
Individual	\$30	\$40
Additional family member	\$20	\$30

- ▶ Lunch and light refreshments included
- ▶ If you want to attend but cost is too high, contact Susan Chuang
- ▶ Write cheque to: **University of Guelph**
- ▶ Mail to: Dr. S. Chuang, Macdonald Institute, University of Guelph, Guelph, ON N1G 2W1
- ▶ Non-refundable administration fee of \$10/attendee