



# YDRS

**YOUTH DEVELOPMENT THROUGH  
RECREATION SERVICES**

**2023**

**PROGRAM**

Sponsored by:



# WELCOME

## ABOUT THE ALBERTA RECREATION & PARKS ASSOCIATION

The Alberta Recreation & Parks Association (ARPA) is a provincial not-for-profit organization committed to collaborating with our members and partners to help build healthy citizens, communities and environments.

We believe recreation and parks include everything from play to sport to culture and outdoor pursuits. All are essential to support the social, mental, spiritual and physical well-being of citizens and communities.

## LAND ACKNOWLEDGEMENT

ARPA would like to acknowledge the First Nations, the Métis, and all of the peoples across Alberta who share a history and a deep connection with this land. We dedicate ourselves to moving forward in partnership with Indigenous communities in the spirit of reconciliation and collaboration.

## MESSAGE FROM ARPA PRESIDENT

On behalf of the ARPA Board of Directors and the Association Staff, I would like to welcome you to the 2023 Youth Development through Recreation Services Symposium.

Thank you for attending the symposium, our worlds and those that you support have changed these last two years and its critical we adapt and evolve as professionals.

The symposium is a great way connect with new information, network with colleagues across Alberta and share the great work that you are doing in your community. This educational opportunity is one that ARPA is proud to once again host and we couldn't do it with the planning committee, sponsors, partners and of course you, the amazing symposium delegate.

Please do make the most of your learning and networking experience and thank you again for your work with children and youth. Your leadership and commitment is valued and appreciated!

All the best for a great symposium,

Heather Cowie  
ARPA President



Thank  
you!

Special thanks to the YDRS 2023 Steering Committee who volunteered their time and expertise to help plan and lead this year's symposium:

Kristina del Corro  
Jen Goeres  
Matt Leung  
Tracy Morgan

Carlee Schaefer  
Jen Smith  
Jodi Smith  
Rachel Szucs

SHARE YOUR YDRS 2023 EXPERIENCE!



@ARPAONLINE  
#YDRS2023

# SCHEDULE

**Wednesday, May 10, 2023**

7:00 - 9:00 pm **REGISTRATION AND GULL LAKE CENTRE CHECK-IN**

7:00 - 11:00 pm **YDRS 2023 WEDNESDAY NIGHT SNACK & SOCIAL - MEMORIAL HALL**

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**Thursday, May 11, 2023**

8:30 - 9:00 am **BREAKFAST - MAIN BUILDING**

9:00 - 9:15 am **ELDER BLESSING AND OPENING COMMENTS - MEMORIAL HALL**

9:15 - 10:45 am **SESSION 1:**

## **An Exploration of Inclusive Outdoor Spaces (Jen Smith)**

Learn how to create an inviting and supportive outdoor space for children and youth in parks, playgrounds, and other community spaces! We will be discussing the importance of ensuring that these areas are safe, accessible, and enjoyable by designing for play, using existing natural elements and features, planning engaging activities and creating gathering spaces in your community (please note: this is an outdoor-based session - please come dressed for the weather).

## **Navigating Empathy and Communication through Play (Matt Leung)**

In this workshop you will unleash your inner-child, and use interactive games and activities to learn innovative communication techniques and non-intrusive strategies that will allow you to actively practice empathy. You will explore the impact of assumptions and biases on daily interactions, and discuss how the insights of others can enhance our own awareness and understanding of the world around us. Come discover how integrating elements of play into everyday communication will make your team more productive, more collaborative, and improve workplace relationships!

## **The Power of Kindness: A Guide to Self-Awareness (Kristina del Corro)**

In this session, we'll explore different techniques for recognizing and expressing our emotions in positive ways and how to create effective boundaries to protect our mental and emotional well-being. We'll also look at how to incorporate self-care into our daily lives to ensure our emotional health is a top priority. By the end of the session, you'll have the tools to identify and manage your feelings, create effective boundaries, and avoid burnout.

10:45 - 11:00 am **COFFEE BREAK AND TRANSITION**

# SCHEDULE

Thursday, May 11, 2023

11:00 - 12:30 pm

## SESSION 2:

### **Connecting with Nature: An Indigenous Perspective (Kacey Yellowbird)**

This session, lead by Kacey Yellowbird of the Samson Cree Nation, will provide participants with information, knowledge and resources to help create meaningful outdoor programming that honours indigenous culture and knowledge. Participants will gain an understanding of how to weave our connection to the land into new and existing programs along with creating a sense of belonging and respect for all (please note: this is an outdoor-based session - please come dressed for the weather).

### **Trust in the Workplace: Keys to Creating a High-Performing Team (Carlee Schaefer)**

Trust is an essential part of creating a cohesive work environment, helping establish a sense of occupational safety and an environment that encourages respect and collaboration. In this session, we'll look at how trust influences team dynamics, how it promotes collaboration and productivity, and explore practical strategies to facilitate trust in the workplace and engagement with your own teams. Some of the topics that will be discussed include understanding roles, teambuilding innovation, efforts towards role modeling and mentorship, and the value of recognition.

### **Building a Team of Compassionate Leaders (Tracy Morgan)**

In this session, we will discuss the importance of building a team with compassion and vulnerability along with exploring how to create an environment of trust and open communication, and why it is necessary for teams to implement these values. We will learn practical strategies for encouraging each team member to bring their best selves to the team and how to foster a culture of understanding and support.

12:30 - 1:00 pm

## LUNCH - MAIN BUILDING

1:00 - 1:30 pm

## YDRS 2023 KEYNOTE: SARAH GALLSWORTHY - MEMORIAL HALL



# SCHEDULE

Thursday, May 11, 2023

1:30 - 3:00 pm

## SESSION 3:

### **Adventure Awaits: A Guide to Outdoor Programming (Monique Lozeron)**

Looking for new ways to engage participants in your programming? Nature provides endless opportunities to explore, play, and learn! Join us for a fun and interactive session on utilizing natural surroundings for activities and program enhancements beyond your "typical" games. Whether you use natural materials for camouflage, foraging, or creative storytelling, you'll leave the session with lots of new ideas to add a special spark to your programming (please note: this is an outdoor-based session - please come dressed for the weather).

### **Mindful Habits for Your Time (Kristina del Corro)**

Developing mindful habits for better time management can be a great way to make sure that you are making the most of your time. Start by identifying the time thief beliefs that are holding you back. Are you feeling overwhelmed by tasks? Do you feel like you don't have enough hours in the day? Once you recognize the thoughts that are keeping you stuck, you can start to develop strategies for overcoming them.

### **Creating Mindful Spaces through Play (Tracy Morgan)**

This session is focused on teaching youth leaders how to bring some mindful activities into their program. We will explore how being creative, active, and involved in play can lead to greater connection with ourselves and the present moment. Through these activities and exercises, we will discuss the power of play in improving our physical and mental wellbeing as well as the children we are working with. By the end of the session, participants will be able to use play as a tool to practice mindfulness. A manual will be provided for you to teach the children and youth you work with.

### **HIGH FIVE® Principles of Healthy Child Development (Part 1) (Carlee Schaefer)**

The Principles of Healthy Child Development (PHCD) is a 4-hour, national certification that equips front-line leaders (anyone working with children aged 4 to 12) with the tools to immediately enhance the quality of their programs. The training provides valuable information, resources, and techniques to ensure that each child's social, emotional, and cognitive needs are met (note: pre-registration is required.)

# SCHEDULE

Thursday, May 11, 2023

3:00 - 3:30 pm **COFFEE BREAK AND TRANSITION**

3:30 - 5:00 pm **SESSION 4:**

## **Tales from the Trail: Promising Practices in Outdoor Programs (Jen Smith)**

This interactive session is designed to help you take what you have learned about outdoor programming and put it into practice! We will be talking all about how to use outdoor programming as an enhancement or get a great outdoor program off the ground in your community by developing great program plans, thinking through safety and logistics, gathering and using equipment and materials, and effectively communicating to staff, caregivers and potential participants (please note: this is an outdoor-based session - please come dressed for the weather).

## **Bridging the Gap: Understanding Intergenerational Differences (Tracy Morgan & Panelists)**

This interactive session will explore how to provide leadership through an intergenerational lens and provide an opportunity to discuss the importance of valuing different perspectives to create an atmosphere of understanding and collaboration within your team. Participants will also have an opportunity to hear from a panel of professionals who have led intergenerational groups and learn some promising practices for creating a successful intergenerational team.

## **The Need for Nature: How Time Outdoors Can Help Build Connection and Better Mental Health (Sarah Reader)**

Contact with nature is essential in our day-to-day lives, and while out in nature, we engage all our senses and are able to fully immerse ourselves in the experience and help to recover from cognitive fatigue. Are you experiencing adversity in your life? Research shows that spending regular time in nature helps you to become more creative, a better problem solver, have increased focus, and improve your ability to build resilience to handle stresses in your life. Join Sarah as she talks about the social, emotional and mental health benefits about spending time and playing in nature, and give you tips on how to bring nature back into your life and programs.

## **HIGH FIVE® Principles of Healthy Child Development (Part 2)**

5:30 - 6:30 pm **DINNER - MAIN BUILDING**

6:30 - 7:00 pm **DOWN TIME**

7:00 - 11:00 pm **YDRS 2023 THURSDAY SOCIAL - MEMORIAL HALL**

# SCHEDULE

Friday, May 12, 2023

8:30 - 9:00 am **BREAKFAST (MAIN BUILDING)**

9:00 - 11:30 am **SESSION 5:**

## **Healthy Play (Jen Smith)**

Healthy Play™ is a fun and interactive training that provides staff with a practical and simple step-by-step approach to enhance positive social skill building, strengthen conflict resolution skills, and reduce aggression and bullying. It also fosters resiliency, promotes cooperation and maximizes involvement by building physical literacy skills for all participants (please note: this is an outdoor-based session - please come dressed for the weather).

## **Unlocking the Power of Accountability (Jodi Smith)**

If you work in a leadership position, holding yourself and your team accountable and can come in different forms including adhering to goals, meeting deadlines, and achieving milestones. In this session we will look at personal and team accountability and take a deep dive into the accountability loop and how you can apply this in both your personal and work life.

## **HIGH FIVE® Principles of Healthy Child Development (Part 3)**

11:30 - 11:45 am **ELDER BLESSING AND CLOSING REMARKS (MEMORIAL HALL)**

12:00 pm **GULL LAKE CENTRE CHECKOUT**



# SPEAKER BIOS

## **KRISTINA DEL CORRO - CITY OF CALGARY/KDC COACHING**

Kristina del Corro (aka KDC) is the lead Mindfulness Expert and CEO of KDC Coaching. For over a decade she has been helping humans approach life with more mindful habits to become experts of their own time. High Five trainer, yoga instructor and curriculum creator KDC has online courses and speaks across Canada helping humans bring Kindness to their own lives.

## **SARAH GALLSWORTHY - INCLUSION INCORPORATED**

Sarah Gallsworthy is on a journey to share the power of movement, health and quality programming. As part of the LGBTQI2S community, Sarah also understands that barriers to programs and spaces can limit potential. She is an advocate for awareness and inclusion to help others find a sense of belonging and acceptance. She is currently a professor in both the Fitness Health Promotion and Recreation Programs at Seneca College, in Ontario, a learning facilitator for the Coaching Association of Ontario, a Physical Literacy master Learning Facilitator with Sport for Life, and a Master Trainer with HIGH FIVE®.

## **JEN GOERES - ARPA HIGH FIVE/WORDPLAY CONSULTING INC.**

Jen Goeres has been working in recreation and sport for over 25 years as is currently the Alberta Recreation & Parks Association (ARPA) HIGH FIVE Coordinator and the owner and founder of WordPLAY Consulting Inc., a consulting organization working with sport, recreation and education groups across Canada. She is also a teacher with the Calgary Catholic School Board, and a Practicum Advisor in the Faculty of Education - St. Mary's University (Calgary).

## **MATT LEUNG - ARPA COMMUNITIES CHOOSEWELL**

Matt Leung is a Professional Child who has facilitated workshops across North America. With over 15-years' experience in recreation he is an expert at instigating play for all ages. Matt is a Program Manager with ARPA, a Director of Outdoor Play Canada, and studied Global Leadership at Royal Roads University.

## **TRACY MORGAN - TOWN OF HIGH RIVER**

Tracy Morgan, currently a supervisor with the Town of High River, has been in the recreation industry for over 30 years in various roles throughout her career. She has many passions in life including mentoring staff, facilitating mindfulness and facilitating HIGH FIVE® - in fact, since 2014 she has facilitated over 48 HIGH FIVE® Trainings!

## **SARAH READER - PLAYFUL ADVENTURES**

Sarah Reader's love of nature and outdoor play was shaped by her adventures with family and friends, growing up in the Yukon Territory. She has a Bachelor of Physical Education from the University of Alberta, and has been managing recreation programs for all ages in the foothills for the past thirteen years. In 2016 she created and supervised the City of Calgary's first Mobile Adventure Playground. As the owner of Playful Adventures, she is passionate about bringing back unstructured, loose parts play, and helping people connect through outdoor play. While not at work, you can find Sarah exploring the woods and mountains with her husband and three sons and reach her at [hello@playfuladventures.ca](mailto:hello@playfuladventures.ca)



# SPEAKER BIOS

## **CARLEE SCHAEFER - CFB COLD LAKE**

Carlee is a 'PLAY by day' Deputy Manager PSP at CFB Cold Lake, where she oversees the deliverables and operations of all Morale and Welfare services for the local military community. Carlee graduated from Vancouver Island University with a MA Sustainable Leisure Management. She is a IAP2 trained facilitator, High Five National Trainer, and possesses a certification in Change Management. Her passion for community development and public engagement, specifically in a military context, has led to many collaborative efforts and provisions across the Canadian Armed Forces and academic community.

## **JEN SMITH - CITY OF CALGARY**

Jen Smith is currently a Recreation Program Specialist with the City of Calgary and has worked in Recreation for over 20 years. Jen currently runs outdoor programming for children and is an outdoor enthusiast! She is a consultant with WordPLAY Consulting Inc., a HIGH FIVE® Trainer and a Canadian Healthy Play Facilitator.

## **JODI SMITH - CITY OF RED DEER**

Jodi works for the City of Red Deer in recreation as a Recreation Program Coordinator at the Collicutt Centre. She has been a trainer for the City of Red Deer in accountable leadership for a number of years and was trained by Mark Samuel who's systems and information she will be sharing. She has a love for people of all ages but really enjoys the 60+ crowd. You will often find her wearing a moustache and readily gives out hugs to those who are huggers like she is.

## **KACEY YELLOWBIRD - SAMSON CREE NATION**

Kacey Yellowbird is the Manager of Samson Youth & Sport Development for the Samson Cree Nation. Not only is he a recent recipient of the Queen's Platinum Jubilee Medal for his role in recreation, he was last year's winner of the Communities ChooseWell Individual Champion Award for his work promoting health and wellness among community members.

Kacey has been a part of the ARPA family for over 10 years. As the Manager for Samson Youth & Sport Development, Kacey continues his amazing work through establishing partnerships with various Indigenous and non-Indigenous organizations. He has gone above and beyond to create programs and services for his community using a holistic approach to healing and is truly paving the way by connecting community members, especially youth, to both physical activity and traditional Indigenous practices.

# gull lake centre

creating space to connect




## LEGEND

- 1 Main Building** (Office, Gym, Board Room, Lower Meeting Room, Dining Hall and **Fireside Meeting Room**)
- 2** Blue Heron Building (Cabins 1-6)
- 3 Yellow Dragonfly Building (Cabins 7-12)**
- 4** Staff Housing
- 5 Retreat Centre** (Upper Chickadee Meeting Room, Lower Bison Meeting Room and Accommodations)
- 6** Maintenance Shop
- 7 Memorial Hall**
- 8 Red Fox Building (Cabins 13-17)**
- 9 Green Frog Building (Cabins 18-22)**
- 10** Wash House
- 11** Ducklinn

### ACTIVITIES:

- 12** Path to Beach
- 13 Memorial Fire Pit**
- 14** Flag Pole
- 15** Skate Shack
- 16** Skating Rink/Basketball Court
- 17** Narnia Fire Pit
- 18** Climbing Wall
- 19** Low Rope Course
- 20** Archery Range
- 21** Archery Fire Pit
- 22** Force Field
- 23** Toboggan Hill
- 24** Field of Dreams

-  YDRS Accommodations
-  YDRS Meeting Rooms