



A PROUD CANADIAN  
COMPANY SINCE 1998

## GROUP RATES

Discounts available for online or in-person groups

**\$100 off per person**  
for groups of 15 or more

**\$75 off per person**  
for groups of 8-15

**\$50 off per person**  
for groups of 3-7

Live stream enrollees can view course within 1 month after the event date.

## WHO SHOULD ATTEND

### Education and Clinical

**Professionals:** All education and mental health or healthcare professionals who work with children or youth including, but not limited to K-12 Classroom Teachers, School Counsellors, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers

- All other professionals who support behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

## LIVE STREAM FROM HOME

Workshops will be live streaming from Saskatoon to online participants on November 24-26, 2025. Please allow 5-10 business days after the conference has ended for recorded footage to become available. **Live stream enrollees can view course within 1 month after the event date.**

**Live stream registration:**  
[www.webinars.jackhirose.com](http://www.webinars.jackhirose.com)

## WATCH ON-DEMAND

Until December 26, 2025. In-person attendees can add on-demand access for \$25 per day.

## SPONSORED BY



A Non-12 Step Mental Health Program

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Offering Quality Continuing Education to Educators and Mental Health Professionals since 1998.



LIVE IN-PERSON & LIVE STREAMED

## THE SASKATOON CONFERENCE ON

# Behavioural, Developmental & Emotional Challenges with Children & Adolescents

SASKATOON, SK

Park Town Hotel  
924 Spadina Crescent E

### DAY 1

November 24, 2025

8:30am - 11:45am

### Self-Regulation, Mindfulness, and the Brain

Empowering Individuals with Autism and Communication Disorders

12:45pm - 4:00pm

### Self-Regulation, Mindfulness, and the Brain

Continued

PRESENTED BY

**Varleisha D. Lyons**

Ph.D, OTD, OTR/L



### DAY 2

November 25, 2025

8:30am - 11:45am

### Addressing Developmental and Early Attachment Trauma

12:45pm - 4:00pm

### Fostering Social-Emotional Learning in Children and Adolescents

PRESENTED BY

**Patti Ashley**

Ph.D., LPC



### DAY 3

November 26, 2025

8:30am - 11:45am

### Practical Solutions to Address Anxiety Disorders with Children and Adolescents

12:45pm - 4:00pm

### Executive Functioning Skills for Children and Adolescents

PRESENTED BY

**Carissa Muth**

Psy.D., CCC, R.Psych



SCAN QR CODE FOR MORE  
INFORMATION & REGISTRATION

JACKHIROSE.COM | 604-924-0296

PLEASE POST

IN-PERSON FEES		INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT
1 DAY	Super Early Bird (Before September 24)	\$299 + tax	\$249 + tax	\$224 + tax	\$199 + tax	\$199 + tax
	Early Bird (Before October 24)	\$319 + tax	\$269 + tax	\$244 + tax	\$219 + tax	\$219 + tax
	Regular	\$339 + tax	\$289 + tax	\$264 + tax	\$239 + tax	\$239 + tax
2 DAY	Super Early Bird (Before September 24)	\$539 + tax	\$489 + tax	\$464 + tax	\$439 + tax	\$439 + tax
	Early Bird (Before October 24)	\$559 + tax	\$509 + tax	\$484 + tax	\$459 + tax	\$459 + tax
	Regular	\$579 + tax	\$529 + tax	\$504 + tax	\$479 + tax	\$479 + tax
3 DAY	Super Early Bird (Before September 24)	\$719 + tax	\$669 + tax	\$644 + tax	\$619 + tax	\$619 + tax
	Early Bird (Before October 24)	\$739 + tax	\$689 + tax	\$664 + tax	\$639 + tax	\$639 + tax
	Regular	\$759 + tax	\$709 + tax	\$684 + tax	\$659 + tax	\$659 + tax

\$40 OFF

**SUPER EARLY BIRD DISCOUNT**  
 Deadline: September 24, 2025

\$20 OFF

**EARLY BIRD DISCOUNT**  
 Deadline: October 24, 2025

UP TO \$80 OFF

**GROUP DISCOUNTS**  
 See Step 3 for Savings & Fees.

LIVE STREAM: see website for fees

WATCH ON-DEMAND: Until December 26, 2025. In-person attendees can add on-demand access for \$25 per day.

DAY 1 | Monday, November 24, 2025

WORKSHOP #1 - 8:30AM - 11:45AM

# Self-Regulation, Mindfulness, and the Brain: Empowering Youth with Autism and Communication Differences

- Presented by Varleisha D. Lyons, Ph.D, OTD, OTR/L, ASDCS



Join Dr. Varleisha D. Lyons—renowned occupational therapist and applied neuroscience expert—for a full-day, dynamic workshop designed for educators, therapists, caregivers, and support staff working with children and youth. This session explores the intersection of brain science, self-regulation, and communication in students with autism and related communication disorders.

Through interactive discussions, hands-on mindfulness activities, and real-world applications, participants will gain a deeper understanding of the neuroanatomy that underpins behavior and emotional regulation. Dr. Lyons will share evidence-based strategies and tools that can be used across settings to support children and youth in developing self-regulatory and sensory processing skills. Participants will learn how neuroanatomy influences classroom behavior, emotional regulation, and learning capacity. Through interactive demonstrations, case examples, and hands-on practice with mindfulness-based strategies, Dr. Lyons will offer practical tools that can be seamlessly integrated into classroom routines and therapy sessions. These strategies aim to enhance student focus, reduce sensory overload, and promote emotional resilience—especially critical in inclusive education settings.

Participants will walk away with a framework to better understand students’ neurological responses and how to create a learning environment that supports sensory needs, minimizes behavioral disruptions, and maximizes learning engagement. The tools and techniques provided can be used across settings—from individual support to whole-class mindfulness routines.

## Learning Objectives

By the end of this workshop, participants will be able to:

- Describe key neuroanatomical regions involved in communication, sensory processing, and self-regulation.
- Identify the impact of sensory challenges on behavior and learning in children and youth with autism and communication disorders.
- Apply mindfulness-based and neuroscience-informed strategies to support emotional and behavioral regulation in classroom settings.
- Integrate evidence-based tools into everyday classroom routines and therapeutic interactions.
- Recognize the role of co-regulation and educator self-awareness in promoting student success.

**Varleisha D. Lyons Ph.D, OTD, OTR/L** is a renowned occupational therapist, author, and speaker who is deeply passionate about promoting culturally intelligent and spiritually centered mental health care. As a woman of African American and Native American heritage, with ancestral ties to the Haliwa-Saponi tribe through her grandmother, Dr. Lyons is dedicated to integrating Indigenous spiritual practices into modern therapeutic frameworks. Her work is rooted in a commitment to honoring diverse traditions and creating holistic approaches that address the mind, body, and spirit. She draws inspiration from practices such as storytelling, nature-based rituals, and ancestral healing, advocating for their inclusion in contemporary mental health systems. Dr. Lyons is a tireless advocate for mental health parity and equity, particularly for underserved communities of Indigenous and African descent. Her mission is to bridge traditional healing practices with modern therapeutic methods, fostering understanding and respect for cultural identity and spiritual connection. As a highly sought-after speaker and author, Dr. Lyons empowers audiences worldwide to embrace diversity, advocate for systemic change, and celebrate the intersection of heritage and healing in occupational therapy and beyond.

WORKSHOP #2- 8:30AM - 11:45AM

## Addressing Developmental and Early Attachment Trauma

- Presented by Patti Ashley, Ph.D., LPC



This training provides clinicians and educators with a comprehensive understanding of the impact of developmental and early attachment trauma on emotional, cognitive, and social development. Participants will explore the neurobiological and psychological effects of early adverse experiences, including disruptions in attachment, neglect, and

abuse. The training will focus on identifying trauma symptoms, understanding trauma-informed care, and learning effective strategies to support healing in children, adolescents, and adults affected by early trauma. Through case studies, video examples, and practical tools, attendees will deepen their knowledge of trauma-responsive interventions and develop skills to facilitate recovery, promote resilience, and foster secure attachment in their professional practice.

### Learning Objectives

- Understand the Impact of Developmental and Early Attachment Trauma
- Recognize Trauma Symptoms in Children, Adolescents, and Adults
- Utilize Trauma-Informed Care Approaches
- Assess Attachment Patterns and Attachment Styles
- Integrate Healing Techniques and Strategies

WORKSHOP #3 - 12:45PM - 4:00PM

## Fostering Social-Emotional Learning in Children and Adolescents

- Presented by Patti Ashley, Ph.D., LPC



This engaging and interactive professional development session is designed to equip educators with the knowledge, strategies, and tools needed to foster social and emotional learning (SEL) in children and adolescents. Grounded in research-based practices, this training explores the five core competencies of SEL—self-awareness, self-management, social awareness, relationship skills, and responsible decision-making—and their vital role in student success both in and out of the classroom.

Participants will learn how to create emotionally supportive learning environments, build strong teacher-student relationships, and integrate SEL into daily routines and academic instruction. Through real-world examples, hands-on activities, and collaborative discussion, educators will walk away with actionable strategies to support students' emotional development, resilience, and well-being.

### Learning Objectives

- Define social and emotional learning and explain its impact on academic and behavioral outcomes.
- Identify and apply the five core SEL competencies in classroom settings.
- Recognize the unique SEL needs of children versus adolescents.

WORKSHOP #4 - 8:30AM - 11:45AM

## Practical Solutions to Address Anxiety Disorders with Children and Adolescents

- Presented by Carissa Muth, Psy.D., CCC, R.Psych



As high as 20% of children in Canada will experience an anxiety disorder before reaching adulthood. For many of these children, symptoms of anxiety will impede their life and development to a degree that will create impairments into adulthood. Developmental vulnerabilities place children and adolescents at unique risk and also

in need of specialized knowledge regarding the assessment and treatment of their anxiety symptoms. In this workshop, Dr. Muth will ground the assessment and treatment of anxiety for children and adolescent in a neurological understanding of human development. Presenting developmentally appropriate CBT and play therapy interventions, Dr. Muth will provide practical tools for working with children and adolescents with anxiety. Participants will walk away with the ability to identify anxiety symptoms and apply immediate interventions to address psychological symptoms and reduce the likelihood of continuation of issues into adulthood.

WORKSHOP #5 - 12:45PM - 4:00PM

## Executive Functioning Skills for Children and Adolescents

- Presented by Carissa Muth, Psy.D., CCC, R.Psych



Planning, organizing, and emotionally regulating all are executive functioning that, when impaired, can significantly impact activities of daily living. In childhood this can range in presentation from the ability to complete homework, to the ability to refrain from anger outbursts. While executive functioning never fully develops until young

adulthood, certain children are at risk for lifetime impairments. Risk factors include trauma, low socioeconomic status, stress or neurodevelopmental disorders such as ADHD or ASD. In this workshop, Dr. Muth will present tools that can be implemented in the therapeutic setting and have been evidenced to have a lasting impact on children with low executive functioning. Many skills have been suggested by professionals, such as exercise, computer games, music, but only a few have been found to have a lasting impact once the intervention ceases. For children with low executive functioning, particular nontypically developing children (including children with neurodevelopmental disorders or behavior problems), improving skills in these areas can significantly improve their ability to flourish throughout their life.



Live Stream & On-Demand | 6 CEUs

## THE ZONES OF REGULATION COMPREHENSIVE TRAINING

- LEAH KUYPERS, MA ED., OTR/L

NOVEMBER 3, 2025 | 8:30am to 4:00PM (PST)

In The Zones of Regulation Comprehensive Training participants will take a deeper dive into the competency of regulation and how it fits into a climate and culture of social emotional learning.

Live In-Person, Live Stream & On-Demand | 12 CEUs

## EXECUTIVE SKILLS Assessment, Interventions and Coaching for Academic and Social Success

- PEG DAWSON, ED.D., NCSP



**REGINA, SK** - OCT 22 & 23, 2025

**KELOWNA, BC** - OCT 29 & 30, 2025

**RICHMOND, BC** - DEC 8 & 9, 2025

Executive skills—often referred to as “the hidden curriculum”—are critical cognitive abilities that underpin academic success. These include skills like task initiation, sustained attention, working memory, planning, organization, and goal-directed persistence.

Live In-Person, Live Stream & On-Demand | 18 CEUs

## INDIGENOUS CONFERENCE

### Fostering Traditional Indigenous Healing & Spiritual Practices

**EDMONTON** - NOVEMBER 12-14, 2025

**RICHMOND** - DECEMBER 8-10, 2025



**Cynthia Wesley-Esquiaux**  
Ph.D.

**Varleisha D. Lyons**  
Ph.D, OTD, OTR/L

**Suzanne Methot**  
BA., B.Ed.

## WEBINARS - Fall & Winter 2025

October 15, 2025 | 8:30am to 4:00PM (PST)

### Using Indigenous Culture-Based Frameworks to Create Workplace Wellness

- SUZANNE METHOT, BA., B.ED.

November 3, 2025 | 8:30am to 4:00PM (PST)

### The Zones of Regulation Comprehensive Training

- LEAH KUYPERS, MA ED., OTR/R

February 5, 2026 | 8:30am to 4:00PM (PST)

### Treating Adult ADHD: Help Smart but Scattered Clients Strengthen Executive Skills

- PEG DAWSON, ED.D., NCSP

February 11, 2026 | 8:30am to 4:00PM (PST)

### The Neuropsychology of Reading and Written Language Disorders

- STEVEN FEIFER, D.ED., ABSNP

February 25, 2026 | 8:30am to 4:00PM (PST)

### Clinical Supervision: Providing Effective Supervision, Managing Risk and Navigating Ethical Issues

- GEORGE HAARMAN, PH.D.

**\$50 OFF ANY WEBINAR: FALLWEB50**  
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