

The theme for this year's conference is **"Mental Wellness: Developing Your God-Given Potential"**.

This theme comes from the Catholic Graduate Expectation: **A self-directed, responsible, lifelong learner** who develops and demonstrates their God-given potential.

Life can bring up challenging circumstances that are not always in our control. Sara Westbrook, our Keynote Speaker, will let us know the good news is we are in control of our choices – how we choose to act, react and what we choose to believe. Our power lies within our choices.

Our many informational workshops will help us learn how to recognize our God-Given Potential, and use it to build Resilience, Confidence and Mental Wellness.

Sara Westbrook is a Motivational Speaker/Singer/Author specializing in Resilience, Confidence and Mental Well-being. She has performed her UPower presentation to over 200,000 students, parents and educators. She is the author of the UPower Journal, a book for youth to not only express their thoughts and emotions, but also to build their confidence, resilience and mental well-being through personal stories, exercises and quotes.

Follow us on Twitter
 OAPCE@OAPCEOntario

and Facebook
 OAPCE - Ontario Association of Parents in Catholic Education



Hilton Garden Inn
 3201 Hwy 7, Vaughan, ON, L4K 5Z7

Your room reservations must be made directly with the hotel at 1-905-660-4700 or www.hiltongardeninn3.hilton.com



Quote **OAPCE Conference** for a special rate

- ✓ Shuttle buses will be departing from the Hotel to the Conference in the morning.
- ✓ Shuttle buses will be departing from the Conference to the Hotel in the afternoon. **Please check for departure times!**

Saturday October 14 2017



St. Joan of Arc CHS,
 1 St. Joan of Arc Rd., Maple, ON, L6A 1W9

7:45am	Shuttle Bus Departure
8:00-8:30am	Registration Continental Breakfast
8:30-8:45am	Welcome Opening Prayer
8:45-10:15am	Keynote Speaker
10:15-10:45am	Break/Vendor Mall
10:45-12noon	Workshop #1
12noon-1:30pm	Lunch/Vendor Mall
1:30-2:45pm	Workshop #2
2:45-3:45pm	OAPCE AGM & Raffle
3:45pm	Holy Mass & Commissioning
4:45pm	Wrap Up/Buses

Hilton Garden Inn

6:30pm	Registration Silent Auction
7:00pm	Gala Awards Dinner Closing

Friday, October 13th 2017
Hilton Garden Inn, Vaughan

6:00 pm	Registration
7:00 pm	Networking Reception

