



HOPE NORTH SUICIDE PREVENTION COMMITTEE 9TH ANNUAL HOPE FORUM “Rockin’ to Resilience”



HOPE Forum 9 - Wednesday, April 18, 2018

Letkemann Theatre, R. D. Parker Collegiate
272 Thompson Drive North, Thompson, MB

(Please note: There is to be **NO** parking at the R. D. Parker Collegiate lot during the day)

AGENDA

9:00-9:30am Registration - *All participants please register*

Letkemann Theatre, R. D. Parker Collegiate, 272 Thompson Dr., Thompson, MB

9:30-10:30am Opening Ceremonies: Elder and Prayer, Welcome, Remarks from Dignitaries,
Conference Overview, Hopes and Goals for this Year’s Forum

10:30-11:30am Education Piece— “Regaining Focus after Trauma”
- Experiential Exercises

11:30-1:00pm Networking Lunch- Provided at Curling Rink (Please RSVP if coming on registration form)

1:00-3:00 pm Keynote Speaker: Robb Nash - “Make Today Count”

3:00-3:30 pm Lifestyle Break

3:30-4:30pm Living Life Well— “Rockin’ YOUR Way to Resilience”

4:30 to 5:00pm Closing

Robb Nash – Keynote Speaker !!

“Make Today Count”

(Open community session – everyone welcome!)

FREE - FREE - FREE - FREE

Time: 1:00 – 3:00 pm - Letkemann Theatre,
R. D. Parker Collegiate, 272 Thompson Drive, Thompson, MB,



Open Community Session!

Robb Nash

Everyone is Welcome and it is FREE!

Thank you to Vale who also financially supported this free event for the community!

