

NLCPA Annual Conference and AGM

October 15-17, 2014

Capital Hotel, St. John's, NL

Conference Theme:



**Mind What Matters:
Reconnecting the Dots...**

As part of our conference, we have invited Stéphane Grenier to present on Thursday, October 16th. Stéphane is a retired member of the military who has completed many tours of duty overseas. He has had depression and PTSD. He tells a powerful story and has lots of insight into supporting and understanding people with Mental Health challenges. He talks about the importance of peer support and of how self-stigma affects him. His bio is on the next page and here is a link to a short presentation (<http://www.mentalhealthcommission.ca/English/node/942>).

On Friday, October 17th, we have Dr. Gabor Maté (<http://drgabormate.com/>) presenting for the entire day. Dr. Maté is a physician and an author. Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing. All conference participants will receive a copy of Dr. Maté's book: *When the Body Says No: The Cost of Hidden Stress*. (Dr. Maté's bio is included).

Other local presenters will be also presenting at our Conversation Café. There will be many opportunities for networking and sharing of best practices.