

# NEVR



**Oct. 31 & Nov. 1, 2019**

**9th Annual Conference**

**NEVR Presents:**

**Safe Communities -**

**Voices from the Shadows**

**Kwantlen Polytechnic**

**University**

**12666 72 Ave. Surrey, BC**

**For more information visit: [www.kpu.ca/nevr](http://www.kpu.ca/nevr)**



## About Network to Eliminate Violence in Relationships (NEVR)

### NEVR's Statement:

- the Network to Eliminate Violence in Relationships (NEVR) campaign's purpose is to work towards elimination and eradication of relationship violence within our community
- community needs and focus are driven by strong research and evidence based evidence from family violence courts, delineating the incidences of domestic violence, the Ministry of Child and Family development, and other research based initiatives
- see resources on website for people suffering from abuse

### NEVR's Mission:

- To lead initiatives to intervene, reduce and ultimately eliminate the incidence of violence in relationships and shift societal norms that condone its prevalence by
- Creating awareness of and preventing relationship violence through education and leadership
- Having a community where public/private violence in all forms is not tolerated nor accepted
- Having a system that provides coordinated support to victims/ offenders in a timely manner to mitigate the impacts of violence

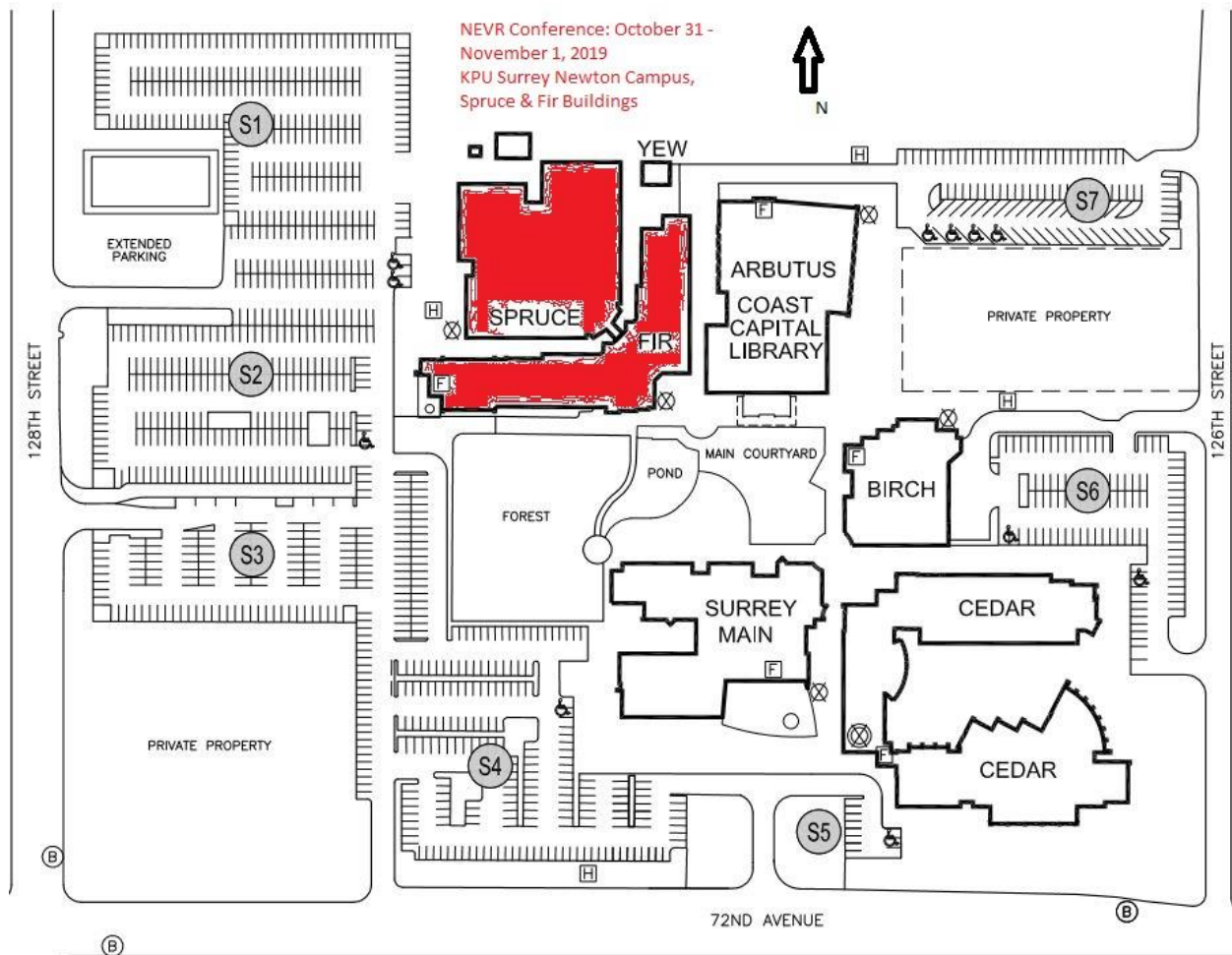
### NEVR's Purpose:

- The purpose of NEVR is to work toward reducing and eliminating violence in relationships in Surrey, British Columbia through coordinated, open and seamless service delivery, collaboration, sharing of resources among service providers, community leaders, educators and government bodies.

### NEVR's Scope:

- This organization focuses on relationship violence (physical, sexual, emotional, and financial) and its effects on all members of the family as well as the cost to society in the Surrey area.

## The NEVR Conference – KPU Surrey Newton Campus



### NEVR Conference Committee

**Cori Kleseisinger, Chair**

**Balbir Gurm, Co-Chair**

**Jen Marchbank**

**Larry Fletcher**

**Tally Wade**



### Lekeyten, Elder, Kwantlen First Nations, – Indigenous Greeting



One of 20 Kwantlen First Nation Elders, Lekeyten grew up within a very large family in Chehalis First Nation near Harrison Lake. Here, Lekeyten attended day school. Similar to residential schools, day schools did not require students to stay overnight and they returned home at the end of every day. But the teachings were the same, said Lekeyten, and he and his classmates were taught to be quiet. As a result, Lekeyten spent more time in nature than in school, and he soon found his voice.

Fast-forward to adulthood, and Lekeyten has been avidly involved for more than 20 years as a guest speaker and presenter at all levels of elementary, secondary and post-secondary education as well as trades and conferences in the Lower Mainland. His talks are about the environment, land and water use, fishing, and issues of conservation and its traditional importance. Lekeyten is a proud father of three daughters and two sons. He is also extremely proud of being a grandfather of nine. Lekeyten and his wife Cheryl Gabriel have been together for forty years. He loves and respects his family wholeheartedly. His advice at the Elder in Residence installation ceremony: “Never shut up.” Lekeyten is honoured to be an Elder in Residence at KPU. He will share with the university, faculty, staff, and students the best of himself. He believes that every person deserves the best for their life and educational journey.

### Dr. David Florkowski, Dean, Faculty of Health, Kwantlen Polytechnic University



Dr. David Florkowski began his career training to be an ASE certified automotive mechanic in the United States. Utilizing this training he was able to attend University where he was exposed to the field of Sports Medicine, which ignited his passion for treating patients. During his 20+ years in the Health Care field, Dr. Florkowski has held many positions such as an Emergency Medical Technician, Certified Strength and Conditioning Specialist, Sports Medicine clinician, and an Assistant Professor. Being able to treat patients in his private practice and to see the positive impact on their

lives was one of the most rewarding aspects of his career. Dr. Florkowski is currently the Dean of the Faculty of Health at Kwantlen Polytechnic University (KPU). At KPU, he oversees many Health Care programs, one being British Columbia’s first and only Traditional Chinese Medicine program in a public University.

### Doug McCallum, Mayor, City of Surrey



Doug McCallum was elected to his fourth term as Mayor on October 20, 2018. Mayor McCallum and Surrey City Council are focused on delivering the initiatives residents have called for.

Mayor McCallum’s substantive history of service to the City speaks to his determination and drive to achieve meaningful results for Surrey residents. Elected to Surrey City Council in 1993, he served as Chair of the Finance Committee and sat as a member of the Parks and Recreation Commission and the Library Board.

Throughout the course of three mayoral terms from 1996 to 2005, Mayor McCallum provided leadership to the region through his service.

### George V. Harvie, Mayor, City of Delta



George V. Harvie was elected Mayor of the City of Delta on October 20, 2018. Mayor Harvie, a long-time resident of South Delta, was appointed Chief Administrative Officer for the City of Delta in 2001. Before this appointment, he was employed with the City of Burnaby where he served over 30 years in a number of positions including Deputy City Manager, Director of Human Resources and Manager of the Environmental Health Department. For his outstanding community service, he was recognized with the Queen Elizabeth II Diamond Jubilee Medal. A strong advocate for the Delta community, he was successful in bringing together senior levels of government to resolve local issues and bring significant benefits to Delta. With his vision and leadership, he transformed Delta's financial management to place Delta as one of the best managed municipalities in British Columbia. With 45 years of local government service, he provided leadership to all departments to ensure they meet their responsibilities and that Council's directions and policies were carried out. Mayor Harvie has a B.A. in Economics from Simon Fraser University, an Administrative Management Special Certificate and an Environmental Health Diploma of Technology from the British Columbia Institute of Technology. He also studied Advanced Management at Dalhousie University.

### Dr. Balbir Gurm, KPU Faculty & Facilitator, NEVR



Dr. Balbir Kaur Gurm teaches in the Faculty of Health in the nursing program. She teaches courses on organizational and social change, and research. She is an award winning educator and community leader who has been honoured with various teaching and community leadership awards. Dr. Gurm, a woman of colour, has battled equity issues most of her life and inserted herself into public spaces to advocate for those who are different and "othered." She brings her background of equity to all situations. She believes those with positions of power need to interrogate themselves and understand the impact they have on others. Believing that all humans have equal value and we cannot do harm in interactions with others, she takes the concept of cultural safety as practiced through humility as a response of addressing historical oppression of Indigenous Peoples and believes we can use the concept to address historical oppressions and situations of power and privilege.

## KEY NOTE- DAY 1

### Katheren Szabo, Community Champion



**Bio:** A social innovator, grassroots organizer, and advocate for those who have survived systemic social, physical, and sexual abuse, Katheren Szabo has triumphed where the most resilient human might understandably collapse. Founder of Cedar Bark Poets, co-facilitator of Friends of the Grove, graduate of SFU's Envision Financial Community Leaders Igniting Change program, she is a frequent speaker across North America. She received a standing ovation at the Tamarack Institute's: Neighbourhoods: The Heart of Community event in Montreal, Quebec, 2016, spoke on panel at the 38th Annual Research and Treatment Conference sponsored by the Association for the Treatment of Sexual Abusers in Vancouver 2018, was keynote speaker at the 2nd Annual Sierra Leone Community of B.C. Celebration, and recently spoke at Surrey's Social Innovation Summit. She has received recognition from The Sierra Leone Community of B.C. and Surrey City Hall. Katheren is respectfully and endearingly known as The Heart of Newton.

#### ***Presentation Abstract:***

Using my own Her'story, this will be a participative interactive session exploring how attitudes of N.I.M.B.Y/Not In My Back Yard privileges a culture of violence and rape in our everyday experience: in our neighbourhoods and local communities. This privilege includes the denial of this culture of systemic oppression and the long-term effects from marginalization and neglect. Participants will grapple with the global crisis of systemic sexual abuse and violence toward children/teenagers and adult women and men, particularly Indigenous people, people of colour, and people with different abilities. This will be an opportunity for an authentic deep look inside the struggles of one woman and her family here in British Columbia. The session will conclude sharing a celebration of Katheren's creative spirit that has furthered her community initiatives and involvement that help lift and build our local Newton, Surrey community while helping her to overcome her history of extreme violence and deprivation.

**Safe Communities: Voices from the Shadows**  
**October 31 and November 1, 2019**

**Thursday October 31, 2019**

8:00 am - 8:50 am	Registration / Coffee	
8:50 am - 9:00 am	Housekeeping and Introductions	
9:00 am - 9:20 am	Indigenous Greeting: Lekeyten, Kwantlen First Nations Elder	
9:20 am - 9:45 am	Welcome: Dr. David Florkowski, KPU, Dean, Faculty of Health Welcome: Mayor McCallum, City of Surrey Welcome: Mayor Harvie, City of Delta Welcome: Dr. Balbir Gurm, NEVR Chairperson	
9:45 am – 10:15 am	Keynote: Katheren Szabo, Community Champion – Attitudes of Not in My Backyard Promote a Culture of Rape and Violence	
10:15 am - 10:45 am	Coffee and Networking	
10:45 am – 11:45 am	Workshops #1 1. Trauma Informed Collaboration: A Community-based Victim Services Perspective – Shannon Formo and Samantha Grey: Surrey Women's Centre 2. Cross Sector Collaboration to Better Address High Risk Interpersonal Violence and Animal Cruelty – Charlene Eden and Louise Lathey, EVA BC and BC SPCA 3. Supporting LGBTQ+ Newcomers to the Lower Mainland – Kiana Reyes, Lisa Salazar and Kristi Pindari, Diversity and Mosaic	Room Fir 128  Fir 228  Fir 142
11:45 am - 12:45 pm	Lunch	
12:45 pm - 1:15 pm	Surrey Women's Centre SMART Van OR Networking – Spruce Atrium	
1:15 pm - 2:15 pm	Workshops #2 a) Moving to Heal Mind and Body: Transforming the Nervous System – Rosy Mann b) Relationship Violence Successes and Challenges- Community Consultation – Balbir Gurm, KPU c) Youth Activism: Panel Discussion – Mustang Justice and Annie Ohana	Room Fir 124 Atrium  Fir 204
2:15 pm - 2:30 pm	Networking Break	
2:30 pm – 3:30 pm	Workshops #3 1. Domestic Violence in Afghanistan – Friiba Rezayee and Shakila Zareen 2. Relationship Violence Successes and Challenges: Community Consultation – Balbir Gurm, KPU 3. ik Sahara: Using Social Media to Start the Conversation – Kim Dhillon	Room Fir 136  Fir 220  Fir 124

3:30 pm - 4:30 pm	<b>Workshops #4</b> <b>a) A Second Chance – Gerald Spike Peachey and Greg Bushnell, Association for the Collaborative Reduction of Stigma</b> <b>b) Trauma Informed Yoga: Therapy in Practice – Jasmine Bhambra, Sacred Space Yoga</b>	<b>Room</b> <b>Fir 220</b>  <b>Atrium</b>
-------------------	--	--

## DAY 2- WELCOME

### Honourable Harry Bains, Minister of Labour



Harry Bains was re-elected as the MLA for Surrey-Newton in May 2017. He was first elected in May 2005, and re-elected in 2009 and 2013. He is the Minister of Labour.

Harry served as the Official Opposition spokesperson for Forests, Lands and Natural Resource Operations.

Harry has been active in the Surrey community for many years. He served on the Kwantlen University College Board of Governors from 1993 to 1999, serving as vice-chair for three of those years. He has also volunteered with organizations such as Habitat for Humanity.

Harry has an extensive background in community service. He was an elected officer of Steelworkers-IWA Canada Local 2171 for over 15 years. He served most recently as vice-president of his local, where he led negotiations and engaged in bargaining for better working conditions for working people.

Harry and his wife Rajvinder live in Surrey. They have two children, Kulpreet and Jasmeen.

### Honourable Hon. Judy Darcy, Minister of Mental Health and Addictions



Judy Darcy was first elected MLA for New Westminster in 2013, and was re-elected in 2017.

She was appointed British Columbia's first and Canada's only Minister of Mental Health and Addictions in July 2017. Judy has committed her career to building strong and vibrant communities, and has earned a reputation as an effective and compassionate leader.

As a tireless advocate, she has spent much of her life working to improve health care, seniors' care, education and child care for British Columbians.

She is committed to bringing people together to find innovative solutions to the issues that affect families to improve their lives.

As Minister of Mental Health and Addictions, she has taken urgent action to combat the devastating overdose crisis that is affecting families and communities across the province, including increasing the number of overdose prevention and supervised consumption sites and access to naloxone, and expanding treatment and recovery options. She is also forging ahead with her work to create a seamless and coordinated mental health and addictions system in British Columbia, so people can get the help they need, when they need it.



## KEY NOTES DAY 2:

### Jeeti Pooni



#### **Bio:**

Jeeti Pooni, like most women, wears many hats and is proud to wear each and every one of them. She is a motivational speaker, the driving force behind her documentary film “Because We Are Girls”, a National Film board of Canada production; the author of her upcoming book *The Silent Stoning* (publishing later in 2020), and the designer of *To Desire* shawls. Jeeti has persevered through a 12-year arduous journey of a long tried sexual assault case in the Supreme Court of British Columbia. She is an alumni of Simon Fraser University with an Economics major and Sociology minor. She is an advocate for cultural change, and a voice for girls, boys, men and women that have suffered sexual abuse. Jeeti lives in Surrey with her husband and two daughters.

#### **Presentation Abstract: *Why I broke my silence***

Keeping silent perpetuates sexual abuse. This is a lesson my family and I learned the hard way. I broke my silence to stop my perpetrator from harming other girls and to protect my daughters. There are consequences to speaking up and sadly survivors are rarely believed. Despite the consequences, I’ve learned it’s important to own your own story and speak up whether or not you are believed. To help survivors heal and live healthy lives, it is essential to have a more trauma-based approach in dealing with rape/sexual abuse. If we truly wish to help survivors heal we must change our limiting beliefs by changing the lens of how we are judging survivors; stop shaming and blaming them, and make it safe for them to break their silence. We have the choice of continuing to cause harm by ignoring the devastation that abuse causes and passing it on to future generations. We also have the choice to break the cycle of abuse.

### Dr. Asma Sayed



#### **Bio:**

Dr. Asma Sayed teaches literary and film studies at Kwantlen Polytechnic University. She specializes in postcolonial South Asian literature and cinema. She has also taught in Women’s and Gender Studies programs in Alberta for several years. Asma is trained in human rights issues, and her interdisciplinary research and social activism focus on marginalization of gendered and racialized people

and violence against women as represented in literature, film, and media. Her publications include five books and numerous articles in periodicals, anthologies, and academic journals. She writes a regular column on cinema of social justice. Asma has served as an adviser on various Status of Women Canada projects and on boards of non-profit organizations. Currently, she serves on the board of the South Asian Network for Secularism and Democracy, the Canadian Communications Foundation, as well as *Mise-en-scene*, KPU’s film journal; she is the President of the Canadian Association of Commonwealth Literature and Language Studies.

#### **Presentation Abstract: *Challenging Toxic Masculinity and Relationship Violence: A Feminist Killjoy Approach***

*“To kill joy is to open a life, to make room for life, to make room for possibility, for chance.”*

*Sara Ahmed*

Toxic masculinity has become pervasive in our society. It is indicative of broader sociocultural issues, and perpetuates through popular culture and media: films, television shows, music, and advertisements. This talk will use examples from popular culture and media as a jumping-off point to discuss how toxic masculinity leads to violence against women and other marginalized

groups, opening to a dialogue about the ways in which intersectional feminism might play a role in disrupting heteropatriarchal family and social structures. I seek to identify central questions, rather than propose concrete answers, to explore how these questions might lead us in our quest to reinvigorate the understanding of gender-based violence: What role can feminism/s play in combating relationship violence? How do we move beyond the established gender norms and create a culture of safety and respect? The issues are too complex and there is really no one answer fits all here, but asking the right questions will allow for us to together explore solutions and to see our socio-academic work and collective contributions to social justice in ways that are not clear or evident in the absence of feminist interventions.

## **Safe Communities: Voices from the Shadows**

**October 31 and November 1, 2019**

**Friday November 1, 2019**

<b>8:30 am - 9:00 am</b>	<b>New Registrations</b>	
<b>9:10 am - 9:40 am</b>	<b>Greetings:</b> <b>Hon. Harry Bains, Minister of Labour</b> <b>Hon. Judy Darcy, Minister of Mental Health and Addictions</b>	
<b>9:50 am - 10:10 am</b>	<b>Keynote: Jeeti Pooni: Decision to Report and Break the Silence on Family Violence</b>	
<b>10:10 am - 10:15 am</b>	<b>Stretch Break</b>	
<b>10:15 am - 11:15 am</b>	<b>Keynote: Dr. Asma Sayed, Faculty KPU, Challenging Toxic Masculinity and Relationship Violence: A Feminist Killjoy Approach</b>	
<b>11:15 am – 11:45 am</b>	<b>Network Break/Refreshments</b>	
<b>11:45 am - 12:45 pm</b>	<b>Workshops #5</b> a) Supporting Vulnerable Newcomer Youth and Adults in Surrey – Parmvir Singh Boparai, Hermon Lay and Angelique Muhorakeye, DIVERSEcity Community Resources Society b) Non-Fatal Strangulation – Larena Dodd and Tiffany Kafka, Fraser Health Forensic Nursing Service c) Resilience (Film) Surrey-North Delta Division of Family Practice, Local Action Group	<b>Room</b> <b>Fir 142</b>  <b>Fir 232</b>  <b>Fir 220</b>
<b>12:45 pm - 1:45 pm</b>	<b>Lunch</b>	
<b>1:45 pm - 3:00 pm</b>	<b>Consultation and Discussion</b> a) A Community Conversation on Resources and Policies: Jen Marchbank and Larry Fletcher b) Paper Tiger (Film) Surrey-North Delta Division of Family Practice, Local Action Group (2:15- 4:00) <b>Note: this film runs over both afternoon sessions</b>	<b>Room</b> <b>Main 213</b>  <b>Atrium</b>
<b>3:00 pm - 4:00 pm</b>	<b>Workshops #6</b> a) Ensuring Safe Space in the Workplace – Jen Marchbank b) Building Resiliency in Youth – Rhea Babor and Marla Langin, Pacific Community Resources Society c) Paper Tiger (Film) Surrey-North Delta Division of Family Practice, Local Action Group (2:15- 4:00) <b>Note: this film continues from previous session</b>	<b>Room</b> <b>Fir 220</b> <b>Fir 238</b>

## WORKSHOPS - DAY 1: October 31, 2019

Workshops # 1- 10:45am - 12:00pm

### 1-a. Trauma Informed Collaboration: A Community-based Victim Services Perspective – Shannon Formo & Samantha Grey, Surrey Women's Centre: Room Fir128

#### *Bios:*

**Shannon Formo** has been a victim services worker for over 10 years: 8 police-based victim services and 2.5 years, at community-based victim services for Surrey Women's Centre. Shannon is the program coordinator for the Court team Victim Service team.

**Samantha Grey** has worked in the anti-violence sector for 10 years in various different settings. She is currently the Crisis Team Coordinator at Surrey Women's Centre.

#### *Presentation Abstract: Trauma Informed Collaboration*

Trauma Informed Collaboration will focus on the two community victim services teams at Surrey Women's Centre: Court and Crisis. The presentation will:

1. Expand on the collaboration of both teams which works closely to help bridge the gap and ensure all resources are available and accessible to, all victims of domestic violence and sexual assault.
2. To provide an overview of each team's role to ensure victims do not fall through the crack The Court team continues to support victims of crime where charges are approved and where clients' needs navigation of through the Criminal Justice System, providing court accompaniments, through different stages of the CJS process and connection to the Crown's office,
3. To explore the role collaboration has in community-based victim services and how this informs our trauma-informed practice

### 1-b. Cross-Sector Collaboration to Better Address High Risk Interpersonal Violence and Animal Cruelty – Charlene Eden & Louise Lathey, EVA BC and BC SPCA: Room 228

#### *Bios:*

**Charlene Eden** Charlene has over two decades of experience in the anti-violence sector. She is currently a Regional Coordinator with Ending Violence Association BC's Community Coordination for Women's Safety program. Prior to that role, she has been the Agency Coordinator of the Kamloops Sexual Assault Counselling Centre, and the Program Director of the Homeless Shelter program for CMHA Kamloops. During her time with KSACC, she was instrumental in the rebirth of KSACC's Sexual Assault Response Team and in creating key partnerships and innovative programming to improve services and access for all survivors. She has extensive experience in program creation and redesign; community coordination; partnership and team building; policy overhaul and implementation; facilitation and training; and advocacy work.

**Louise Lathey** Having completed her undergraduate degree in Law Enforcement Studies at the Justice Institute of British Columbia (JIBC) as well as certificates in Emergency Medical Response and Investigations, Louise uses her knowledge of the law to assist in her role working at the BC SPCA. Her passion for animals led her down a career path which has expanded into cross-sector collaboration on making improvements for vulnerable people and pets. Continuing her studies in the field of Criminal Justice, Louise is completing a Master's degree from the University of the Fraser Valley in British Columbia. Her research explores the rationale behind animal cruelty, with a focus on how it relates to other types of crime. Louise has guest-lectured in post-secondary institutions and has spoken at conferences on this topic.

***Presentation Abstract: Cross-Sector Collaboration to Better Address High Risk Interpersonal Violence and Animal Cruelty***

There is an undisputable link between animal cruelty and interpersonal violence, otherwise known as the violence link. Studies have shown that women experiencing interpersonal violence have delayed leaving their abuser out of fear for their pets. Thinking about community safety as a collaborative process is a concept that most cross sector models responding to high risk interpersonal violence has at their core. Conducting collaborative risk assessment, collaborative safety planning and collaborative offender management is a prevention-focused, evidence-based approach to managing high risk cases of interpersonal violence. This presentation will explore the Violence Link and how stakeholders working in both animal welfare and human anti-violence arenas can collaborate to protect these vulnerable populations including through coordination initiatives. We will introduce new initiatives currently happening in BC and spark conversation as to where there are opportunities to work together so that not only is there awareness about this important issue, but that increased collaboration can lead to improved programs that reach vulnerable people and their pets.

**1-c. Supporting LGBTQ+ Newcomers to the Lower Mainland – Kiana Reyes, Lisa Salazar & Kristi Pindari, DIVERSEcity and Mosaic: Room Fir 142**

***Bios:***

**Kiana Reyes, BSW (she, her, hers)** Kiana is a cis, queer, settler of colour of Filipinx and Chinese ancestry, who works towards building inclusive spaces and services for LGBTQIA+ newcomers on the unceded territory of the Musqueam, Squamish and Tsleil-Waututh Nations. She is currently the facilitator of MOSAIC's I Belong Program.

**Lisa Salazar, MA (PPL), SCP (she, her, hers)** Lisa is the first openly trans Spiritual Care Practitioner with Vancouver Coastal Health. She worked as a free-lance graphic designer in Vancouver for over 35 years, was married and has three adult sons. She began her transition in the summer of 2008 but soon found herself underemployed when clients stopped calling. In 2013, she went back to school and now holds an MA in Public and Pastoral Leadership from Vancouver School of Theology and completed her clinical internships in March 2018. She is a published author, speaker and workshop presenter on trans issues and sits on the boards and committees and has facilitated peer support groups with Pflag and DIVERSECity.

**Kristi Pindari (he, him, his)** Kristi has a Bachelor's degree in History and Archaeology awarded from the University of Tirana, and is currently studying Family Studies at Langara College in Vancouver. He started out his professional career working as a journalist in 2000 and has a wealth of experience in journalism. Together with fellow activist Xheni Karaj, Kristi is a pioneer of advocacy for LGBTIQ+ issues in Albania. He co-founded the two major LGBT organizations in his country of origin, has pushed the main Albanian political parties from each spectrum to have a public stance on LGBT issues (very often initiating heated public debates with national leaders, including former debates with former Prime Minister Sali Berisha and with current PM Edi Rama), has launched a news portal dedicated to human rights in Albanian and together with Karaj, he co-founded STREHA, a residential shelter for homeless LGBTI young people, the first service of its kind in the entire South-Eastern Europe. He is also the author of a documentary on the history of the LGBT movement in Albania, entitled SkaNdal, an official selection in major international film and documentary festivals in Europe. In 2017, after receiving countless of threats because of his activism, he was forced to leave his country, together with his partner. They live from May 2017 in Vancouver, as protected refugees.

***Presentation Abstract: Supporting LGBTQ+ Newcomers to the Lower Mainland***

This joint presentation by frontline service providers from MOSAIC's *I Belong* Program and DIVERSEcity's *Together Now Program*, as well as a participant in both programs, will address the unique needs and barriers faced by LGBTQ+ newcomers to the Lower Mainland.



The presentation will outline the unique complexities associated with the intersectionality of being both an immigrant or refugee, and LGBTQ+ - including barriers ranging from racism, homophobia, transphobia and isolation, to logistical issues such as finding resources and support services, safe housing, and employment.

Additionally, the presentation will address the ongoing and emerging needs of LGBTQIA2+ immigrants and refugees across the Lower Mainland, and outline the community resources and services available to this vulnerable population. This will include an overview of both MOSAIC's I Belong Program and DIVERSEcity's Together Now Program, as well as the challenges and learnings that have emerged through the course of service delivery in terms of endeavouring to meet the needs of program participants and bridge gaps in available services tailored specifically to this community.

The presentation will also include a Q&A period with the front-line staff from each program, as well as an individual who is a participant in both programs – facilitating discussion and learning around the lived experience LGBTQ+ immigrants and refugees.

### **Workshops # 2- 1:15pm - 2:15pm**

#### **2-a. Moving to Heal Mind and Body: Transforming the Nervous System – Rosy Mann: Room Fir 124**

##### ***Bio:***

Rosy hold a BSc in Health Sciences, rural health population health UNBC 2011, Masters in Counselling Athabasca University (present). She is a First Degree Black belt in NIA (neuromuscular integrative action). This is a dance movement form like an exercise class that allows you to connect with your mind and body with soul stirring music. The body moves intrinsically, muscle relax and move along bone with awareness. This practice is a healing, martial, expressive, and dance art therapy. The bonus of this program is natural weight loss in a sneaky way. Mind body medicine through dance (5 elements) a more free style moving emotions towards freedom. I have over 600 hours of this training know as Five Rhythms by Gabrielle Roth I have worked with female inmates, families, immigrant who fear mental health help, I speak at schools, and teach mediation forms. Yog-Nidra a form of medication with trauma informed practice, known as body scan by Western minds, the origin of this practice is over 5000 years old and effective for complete mind and body health.

##### ***Presentation Abstract: Moving to Heal Mind and Body***

Rosy will present by sharing her journey of abuse, trauma, a victim of two cultures and did not belong. Unconditional love is key to healthy development. Without unconditional love we become seekers for love and we will go one searching and accept anything, anyone, and any action that will lead to fill our empty. Human beings have three basic needs: to be seen to be heard then and only then we can FEEL loved, belonging, and accepted. Our issues of origin require healing and attention, and left alone those issues will twist and turn, hide, and make you sick. This sick will cause everyone around you to think there is something wrong with you and blame you for acting from your pain and go misunderstood. The medical model will call it names you cannot spell or understand.

#### **2-b Relationship Violence Successes and Challenges: Community Consultation – Balbir Gurm, KPU: Atrium**

##### ***Presentation Abstract:***

This session will provide a summary of what the literature states are needed elements of successful programs and initiatives. Following the presentation, there is an opportunity for service providers and community members to identify successful and innovative programs and discuss variables that lead to success. There is an opportunity to discuss the challenges of working on relationship violence and identify the resources that are needed to create successful

programs and campaigns to change societal culture so relationship violence is not accepted in our communities.

## 2-c. Youth Activism Panel Discussion – Mustang Justice and Annie Ohana

### *Presentation Abstract: Youth Activism Panel Discussion*

Violence of all kinds impact our youth in just as many ways. How are youth using activism to raise their voices above the acts above the trauma? Students from LA Matheson who are part of an anti-oppression leadership program called Mustang Justice will share their journeys in activism.

## Workshops # 3 - 2:30 pm-3:30 pm

### 3-a. Domestic Violence in Afghanistan – Friba Rezayee & Shakila Zareen: Room Fir 136

#### *Presentation Abstract: Domestic Violence in Afghanistan*

Friba will be speaking about domestic violence and violence against women in Afghanistan. She will also speak about recent domestic violence in Afghanistan, and how often it occurs in Afghanistan. Friba will also show how Afghan culture plays an important role in accepting such violence. And at the end, she will discuss what can be done to prevent it. Friba will suggest three crucial actions that must be taken to protect women in Afghanistan, as well as her experience and aftermath with PTSD.

Shakila Zareen will tell her story. Shakila Zareen was born and raised in Afghanistan and at the age of 17 she was forcibly married to her first cousin. Her husband abused and sexually assaulted her on a daily basis. When she stood up for her rights and refused to be abused anymore, her ex-husband shot her at the face with a shotgun. Shakila has undergone 10 reconstructive surgeries and is a survivor of extreme domestic violence since then. Shakila fought the patriarchy in Afghanistan and has never silenced in the face of violence against women.

### 3-b Relationship Violence Successes and Challenges: Community Consultation – Balbir Gurm, KPU: Fir 220

#### *Presentation Abstract:*

This session will provide a summary of what the literature states are needed elements of successful programs and initiatives. Following the presentation, there is an opportunity for service providers and community members to identify successful and innovative programs and discuss variables that lead to success. There is an opportunity to discuss the challenges of working on relationship violence and identify the resources that are needed to create successful programs and campaigns to change societal culture so relationship violence is not accepted in our communities.

### 3-c. ik Sahara: Using Social Media to Start the Conversation – Kim Dhillon: Room Fir 124

#### *Bio:*

**Kim Dhillon** graduated from the University of Calgary, and has been working with Victims of Domestic Violence and sexual assault. Kim has worked with the Surrey Women's Centre (2015-2017) as a court support worker before making the move to Toronto. In Toronto Kim began her career with Victim Services of Toronto. Providing case management and crisis counselling for Victims of all crimes and tragedies (Sexual Assault, Domestic Violence, Human Trafficking, Homicide, Sudden death – including Motor Vehicle accident and suicide). Kim is currently working with George Brown University in Toronto Ontario as a Sexual Assault Resource Advisor. In this role Kim is providing counselling and crisis supports to students/employees who disclose they've fallen victim to sexual assault/violence on campus. Kim is also a member of the organization SOCH Mental Health. An organisation that provides supports to individuals of the South Asian community, in the Greater Toronto Area. Kim is a workshop facilitator with Soch

Mental Health - Facilitating workshops that focus on the relationship of Mental Health and Domestic Violence.

***Presentation Abstract: ik Sahara***

ik Sahara is an initiative started in June 2019. Instagram is one of the largest social media platforms that is accessible to all. My goal was to create a space where people who've experienced Domestic Violence and Sexual assault, individuals can share their stories (sent to me via email) then posted on Instagram - real names are kept confidential. When a story has been shared, other members who are following ik sahara can comment, providing encouragement, empowerment or resources and tools for all to use if they've experienced something similar.

**Workshop #4- 3:30 pm- 4:30 pm**

**4-a. A Second Chance – Gerald Spike Peachey & Greg Bushnell, Association for the Collaborative Reduction of Stigma: Room Fir 220**

***Bio:***

**Gerald Spike Peachey** is the Executive Director of the newly created Association for the Collaborative Reduction of Stigma. He is an MVA survivor that and a person with lived experience who is also a patient of Crosstown Clinic, North America's first injectable heroin treatment facility. Gerald has come from a marginalized place and continues to face challenges while attempting to climb out of stigma-fueled poverty in a socially conscious manner while trying to make my world a better place.

**Greg Bushell** is a 53 year old man of mixed race, (Caucasian, Aboriginal). He will share how he chose a life of crime early in life and where that took him. He will also talk about how a diagnosis of Multiple Sclerosis has affected him, and where he is today. Greg has an impactful story that will definitely bring forth emotion from all who take part.

***Presentation Abstract: A Second Chance***

Gerald Peachey is presently a client at Crosstown Clinic, North America's first injectable heroin program, and will share extensively about what that has done for him. Gerald will talk about what brought him back to needing opiate pain management after an extended period of clean time and the negative treatment he ensured because of a history of opiate use. Unfortunately although he had made some very positive efforts to change his life and had successfully been a single father to son Anthony, his previous opiate use was still very much held against him. Gerald will share his story of perseverance through judgement and adversity, and how he managed to come through the other side as the man he is today and how he has been able to stabilize his medication, and move forward in a socially conscious manner, not only rebuilding his own life, but trying to make a difference in the world. Gerald will speak of the Anti-Stigma Program created with NNPBC, and the positive ripple effect that is slowly happening as more and more student nurses who take this workshop. I will also share about the Nursing Excellence Awards, and how NNPBC recognized community members (Peers) for that amazing life-saving work that they are doing at OPS sites around the province, and how a Nursing Excellence Award for me has given me a voice. Gerald will speak of the creation of 'The Association for the Collaborative Reduction of Stigma, some of the initiatives of the association and where he sees it headed in the future.

**4-b. Trauma Informed Yoga Therapy in Practice – Jasmine Bhambra, Sacred Space Yoga: Atrium**

***Bio:***

**Jasmine Bhambra** is the founder of Sacred Space Yoga. She has been teaching yoga since 2016. Jasmine is a Yoga Kids International trained teacher and teaches in Elementary, Middle and High Schools in the Fraser Valley. She is a graduate of the Langara Yoga for Trauma and Resilience Program, and works with counselors and therapists to offer adjudicative trauma

informed yoga therapy sessions to trauma survivors struggling with addiction, depression and anxiety.

***Presentation Abstract: Trauma Informed Yoga Therapy in Practice***

Jasmine will begin with a brief introduction of who she is, her lived experience with trauma, how she got into teaching yoga and her work in the community.

- Types of Trauma and its impact on the mind, body and spirit.
- Trauma Informed Yoga and its application as an adjunct therapy for treatment.
- 30 minute practice.
- Question/Answer Period

## WORKSHOPS DAY 2- November 1, 2019

### Workshop #5- 11:45 am - 12:45 pm

5-a. Supporting Vulnerable Newcomer Youth and Adults in Surrey – Parmvir Singh Boparai, Hermon Lay and Angelique Muhorakeye, DIVERSEcity, Community Resources Society:  
Room Fir 142

***Bios:***

**Hermon Lay** was once a refugee from Burma. He is now a RISE Case Specialist and has been working at DIVERSEcity for the past 10 years supporting Burmese and Karen speaking refugees. Hermon has experience working with refugees, women facing domestic violence, clients dealing with substance abuse and children who witness abuse. He is committed to client centered practice and believes that change is always possible.

**Angelique Muhorakeye** was born in Kigali-Rwanda and raised in Kenya. Angelique currently works with DIVERSEcity as RISE Case Specialist assisting vulnerable refugees. Angelique has also worked with youth at-risk for seven years. Angelique has 20 years of lived experience as a refugee both in camp and urban settings.

**Parmvir Singh Boparai** is a registered clinical counsellor with a Masters in Counselling. He facilitates the Healthy Self, Healthy Families psycho-educational group workshops at DIVERSEcity. These workshops focus on the mental health and wellbeing of individuals and families and offers tools and strategies for coping with the migration journey.

***Presentation Abstract: Supporting Vulnerable Newcomer Youth and Adults in Surrey***

Surrey is home to the largest newcomer population in British Columbia, including over 43% of all refugees who arrive to the Province. The need for specialized and enhanced support services for vulnerable newcomers in Surrey has enabled the establishment of innovative approaches to providing settlement supports for refugee newcomer families, youth and LGBTQ+ immigrants. The Refugee and Immigrant Specialized Experience Program (RISE) provides case-managed, holistic and integrated services that enable vulnerable newcomers to navigate complex systems and access vital services. This panel discussion and presentation will explore how providing client-centered, culturally competent, first language support services help vulnerable newcomers traverse post-migration challenges and move towards self-efficacy. Front-line staff panellists with lived refugee experience will share their own journey and how their lived experience adds a layer of depth to service provision allowing for greater understanding of pre and post migration trauma as well as empowering clients to recognize their resilience.

5-b. Non-Fatal Strangulation – Larena Dodd & Tiffany Kafka, Fraser Health Forensic Nursing Service: Room Fir 232

***Bios:***

**Tiffany Kafka** has been a Registered Nurse for 20 years practicing primarily in emergency nursing throughout the United States, Mexico, and Canada. She has been a Forensic Nurse



Examiner for 4 years and has provided continuing education lectures on Non-Fatal Strangulation for medical and healthcare professionals, first responders, victim service workers, law enforcement, Crown Counsel, and MCFD.

**Larena Dodd** has been working as a sexual assault nurse examiner and forensic nurse examiner at Surrey Memorial Hospital in Fraser Health since 2006, and is a contract instructor at the British Columbia Institute of Technology (BCIT) presenting for part-time programs that relate to Forensic Health Sciences. Larena provides education and training on various topics, including non-fatal strangulation, to peers, students and community partners.

***Presentation Abstract: Non-Fatal Strangulation***

Non-fatal strangulation is on the rise not only in BC, but also throughout Canada and is an often unreported and unrecognized component of intentional violence. Due to the public safety risks, the potential serious health consequences, and the associated increased risk of future homicide, those working with persons who have experienced intentional violence should be aware of the signs and symptoms of non-fatal strangulation and actions that can be taken should a client report being strangled.

The Fraser Health Forensic Nursing Service (FNS) is a local program available to persons who have experienced sexual, relationship and familial violence. In recent years, the team of forensic nurses has noted a marked increase in the number of patients reporting strangulation – particularly in situations of domestic and partner violence. In response to this, FNS has sought training and resources pertaining to this violent act and hope to share some of those learnings with participants. Topics related to non-fatal strangulation that will be reviewed include:

- Definitions
- Facts and risks
- Signs and symptoms
- Potential short and long term consequences
- Resources
- A multidisciplinary response to address strangulation

5-c. Resilience (Film) – Surrey-North Delta Division of Family Practice, Local Action Group:  
Room Fir 220

Consultation and Discussion – Jen Marchbank & Larry Fletcher

***A Community Conversation on Resources and Policies***

In this interactive session, participants will engage in asset mapping exercises to identify good practices, useful resources etc. The conversation will move on to how policies (agency, government, community) and legislation (municipal, provincial, federal) impact your work, affect your creative initiatives and influence your outcomes.

1. Focus on your own agency and write out all the resources
2. Add other resources that you are aware of
3. Share and discuss
4. Repeat exercise in relations to policies, legislation and norms.

Paper Tiger (Film) – Surrey-North Delta Division of Family Practice, Local Action Group:  
Atrium

Workshop #6- 3:00 am – 4:00 pm

6-a. Ensuring Safe Space in the Workplace – Jen Marchbank, SFU: Room Fir 220

*Bios:*

**Jen Marchbank** is the co-founder of Youth for A Change, a group of young LGBTQI activists aged 12 plus. Y4AC provide educational workshops on a range of topics including ‘Best Practices and inclusive language in the workplace’ delivered by youth across the lower mainland. She is also a professor of Gender, Sexuality and Women’s Studies at SFU, author and mother of two now adult children. She works both academically and in the community on projects to make the world a safer place for all, projects include intergenerational arts on LGBTQI matters; resources for trans kids and their families; elder abuse in the LGBTQI community and NEVR.

*Presentation Abstract: Ensuring Safe Space in the Workplace*

Ensuring safe space in diverse workplaces: an interactive workshop for everyone.

Many people who identify as lesbian, gay, bisexual, transgender, asexual plus experience not just outright homophobia and transphobia but also harmful micro aggressions on a regular basis. Be this from a misunderstanding of their lives or deliberate, these repeated micro aggressions can drive away clients, make workers feel unsafe in their workplaces and prevent victims from accessing support and legal services.

This session will begin with a presentation discussing Queer language alongside a review of best practices from others who are leading the way to create safe spaces for everyone. Did that word “Queer” confuse you? Bother you? Bring your questions! The presentation will be followed by an interactive workshop using real world scenarios that we will work together to solve without causing further harm. Bring expertise to share and an open mind to learn.

6-b. Building Resiliency in Youth – Rhea Gabor & Maria Langin, Pacific Community

Resources Society: Room Fir 238

*Bios:*

**Rhea Gabor** has been with the Stop Exploiting Youth program for 3 years and has her degree in Child and Youth Care counselling. Rhea has worked with street-entrenched youth in Surrey and across the lower mainland.

**Marla Langin** has her degree in Criminology and has been working with the Stop Exploiting Youth program for 2 years. She has experience working with street-entrenched youth in Surrey primarily those looking for housing or who are affected by exploitation.

*Presentation Abstract: Building Resiliency in Youth*

Rhea and Marla will present what sexual exploitation and human trafficking are, and how they are affecting our young people. They will outline the signs of sexual exploitation, what exploiters/groomers look like, effects of social media, strategies and approaches to working with youth and the trends that we are seeing in Surrey. Rhea and Marla will cover how to recognize exploitation, how to provide trauma-sensitive supports to those being affected by exploitation and how to reach out to community supports to provide a wraparound approach. They will provide the participants with an information guide that will summarize the main points from the presentation along with community agency contacts and age-of-consent chart for future reference.

6-c. Paper Tiger (Film) – Surrey-North Delta Division of Family Practice, Local Action Group:  
Atrium (continues)