



SASKATCHEWAN SOCIAL WORKER

Volume 28 Number 2

“Strengthening Individuals, Families & Communities”

June 2017 Edition

President’s Message



I have now completed one year of a two-year term as President of SASW. Kirk Englot’s four-year term on SASW Council formally ended on May 25, 2017, at the SASW annual general meeting. Kirk’s contribution as president elect, president and past president was significant. His leadership was instrumental in managing significant change for the

Association during his term.

We continue to do work towards the development of a new Strategic Plan. A planning day with SASW Council members, SASW branch representatives and SASW committee chairs was held on June 1 and June 2, 2017. We are utilizing the services of Praxis Consulting to set forth a process for achieving a quality plan. SASW was committed to including an on-line survey of SASW Membership to ensure opportunity for everyone to participate. As a significant portion of the work of the Association is done in a volunteer capacity, we want the new plan to define various roles in a more streamlined manner. We welcome your input as we further our work in the development of the Approved Practice Endorsement (APE) and with our next Strategic Plan.

Social Work Week in March of 2017 was marked by several events throughout the province led by SASW members. In Regina, we hosted our annual luncheon where staff from the Saskatchewan Advocate for Children and Youth presented. They did an excellent job outlining their vision which has a significant focus on proactive work in relation to First Nations and access to quality education across the Province. During Social Work Week, Karen Wasylenka and I participated in a panel discussion for social work students at the University of Regina. There were five of us on the panel

representing various areas of practice. Karen and I also had the opportunity to provide information about SASW.

Karen and I have recently been involved with the Canadian Council of Social Work Regulation (CCSWR) doing a review of bylaws ahead of CCSWR meetings which are being held in Banff this month. I will also be attending the Canadian Association of Social Workers (CASW) meetings and AGM in Banff prior to CCSWR in June.

In November of 2016 I attended the Association of Social Work Boards (ASWB) Annual Meeting of the Delegate Assembly in San Diego California. This was an excellent opportunity to learn more about ASWB and connect with other Social Work Boards and Associations from Canada and the United States. There was focus on mobility of registered social workers being able to move between states/provinces with minimal barriers. Title protection, public protection and public awareness were also important themes of this meeting.

At the end of March 2017 the Association of Social Work Boards (ASWB) provided funding for me to attend board member training in Orlando, Florida. The SASW has been sending council members to this training consistently for the last number of years. It is excellent training that clearly articulates the purpose of social work boards/councils. The core message is that the core function of any board or council is the protection of the public through regulation of the social work profession. ASWB offers many resources for our council including a Model Social Work Act. ASWB talked about the importance of keeping a sustained focus on educating the public about the regulatory functions of our Association (*i.e.*, providing information about client rights and scope of practice in the profession).

SASW has been continuing to dialogue with the Saskatchewan Ministry of Social Services (MSS) in relation to the issue of registration for all Social Services

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SASW COUNCIL

President: Ryan Labatt, Regina
 President Elect: Wanda Miller, Weyburn
 Secretary: Maureen Kraemer, Weyburn
 Treasurer: Carole Bryant, Regina
 Members at Large: Sheryn Peterson, Saskatoon
 Anthony Penner, Warman
 Melissa Flowers Evans, Saskatoon
 Public Representative: Sarah Liberman, Saskatoon

SASW COMMITTEE CHAIRS/APPOINTMENTS:

CASW Board Member: Hazel Berg, Melfort
 CCSWR Director: Vacant
 Senate Representative: Krista Olson, Swift Current
 Standards of Practice: Kathy Bovair, Saskatoon
 Patti Pettrucka, Regina
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 Discipline Resource: David Rivers, Regina
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 Practice Ethics: Donalda Halabuza, Regina
 Volunteer Development: Victoria Walton, Saskatoon
 Awards Committee: Ruth Ann Thomas, Saskatoon
 Mentorship: Vacant
 Children's Issues: Susan Luedtke, Prince Albert
 Julie Stocki, Prince Albert

SASW BRANCH REPRESENTATIVES:

Regina: Inactive
 Saskatoon: Angie Pollom and Erin Wasson
 Prince Albert: Patti Cram and Karla Ethier
 Northeast Branch: Tara Nelson
 Swift Current: Brandy Westbury & Glenda Carleton
 Yellowhead East: Twila Seeley
 Battlefords: Inactive
 Southeast: Sheila Szakaes, Kipling

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The Saskatchewan Social Worker is published by the Saskatchewan Association of Social Workers.

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Members of the Editorial Board can be contacted through the SASW Office at sasw@accesscomm.ca. We are interested in readers' stories, thoughts and ideas, letters to the editor, pictures and current events. The Board reserves the right to reject any article as well as edit submitted material. Publication does not imply endorsement by the Saskatchewan Association of Social Workers. Printed materials represent the views of the contributors and do not necessarily reflect the view/policies of the Association.

The Saskatchewan Social Worker is published and released in February, June, and November. Deadlines for submission of information are December 31st, April 30th and September 15th.

Advertising Rates are as follows:
 \$100 quarter page \$200 half page

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- ADVOCATE FOR SOCIAL JUSTICE
- PROMOTE THE PROFESSION
- REGULATE THE PROFESSION
- SUPPORT FOR ETHICAL PRACTISE

Executive Director's Message



Greetings! I hope as you read this you are planning for summer – it seems that we in Saskatchewan look forward to and welcome the warm, longer, and sunnier days along with a more relaxing pace. Here at the SASW office, things are much quieter in the summer, with committees and branches and other activities taking a

well deserved break until fall.

I have had the opportunity to visit all our active branches and am struck by the support, enthusiasm, and commitment displayed. We had great activities during Social Work Week and this year made a special effort to ensure information was posted on our website. I hope that you were also able to participate in the CASW webinar series in March; these were excellent learning opportunities and covered a variety of topics. If you missed them, you can still access the webinars through the CASW website.

Social Work Week in Saskatchewan was somewhat overshadowed by the provincial budget on March 22. As social workers, we understand the impact on those we work with when important services and programs are reduced or eliminated. As SASW has a mandate to advocate for social justice, a public statement of our concern was issued. As of this writing, we acknowledge and applaud the decision to reinstate funding to our library system, a very important institution in our province.

We are well into our Strategic Planning process, which sets our priorities for the coming years. Much has been accomplished since 2012 and I look forward to continued growth and change over the next four years. I anticipate working with Council, committees, and branches, beginning in the fall, to develop action plans that will carry out the goals set out the new plan.

I attended the Association of Social Work Boards (ASWB) Spring Education meeting at the end of April. The theme this year was “Beyond CE: Regulating Competency in a Dynamic Profession.” The presentations and discussions provided an opportunity to reflect on how and why we do continuing education. This topic was timely, as the Education Committee has been reviewing a Q&A document developed by our Registrar to clarify which activities are accepted in which categor-

ies. This document will be posted on our website when complete. It was interesting to learn that a number of other jurisdictions have taken their CPE requirement in a different direction, with members completing a self assessment, developing a learning plan, and then selecting activities to support their learning goals. We aren't there yet. However, when I review our policy, it states “it is the intent of this policy that registered members take the opportunity to reflect on their professional development needs and aim their continuing education time for the coming registration year at those identified needs.” Perhaps our vision is aligned with the next step.

Also as you read this, we will be past our Annual General Meeting held on May 25, with some new Council members and decisions on bylaw proposals. I would like to extend my thanks to Kirk Englot, outgoing Past President, for his dedication and thoughtful contribution to SASW and Council and the support that he, along with our President, Ryan Labatt, have given to me over the last year.

I would also like to acknowledge Ray Pekrul, who has ably been our CASW rep for the last eight years. Ray has served four terms on the CASW Board and his commitment to the work of CASW and his dedication in representing mutual interests has served SASW well. Thanks, Ray, for your service! We are pleased that Hazel Berg has been appointed to replace Ray on the CASW Board. I know Hazel will also represent us well.

I hope that you all have a great summer and can have some time to relax and enjoy!

Submitted by:

Karen Wasylenka, MSW, RSW

The screenshot shows the SASW website homepage with the following elements:

- Header:** Saskatchewan Association of Social Workers logo and tagline "STRENGTHENING INDIVIDUALS, FAMILIES AND COMMUNITIES". Navigation links: Members Login | Contact | Home.
- Menu:** About SASW, Membership, Practice Requirements, Support, Surveys and Research, Complaint Procedures.
- Main Content:**
 - Section: "Strengthening Individuals, Families and Communities" with a sub-image of three people in a meeting.
 - Text: "As an association, the Saskatchewan Association of Social Workers is the voice of social workers in Saskatchewan. SASW is a professional association with members in many fields of practice across the province."
 - Links: Council, Committee and Branch Information; Mentorship Program; Awards, Bursaries & Scholarships; Member Services; Student Services; Find a Social Worker; Members Login Service.
 - Footer: WHO WE ARE, NEWSLETTER, EMPLOYMENT.
- Footer:** www.sasw.ca

Registrar's Message



The SASW office receives a number of inquiries from members who registered as “non-practicing” at time of renewal and have since become employed in the practice of social work. So the question is, “If I registered as non-practicing do I need to upgrade to practicing status?” The short answer is no.

SASW provides its members with the option of “non-practicing” status to accommodate leaves of absence, unemployment, retirements and employment but not within the practice of social work. The “non-practicing” status provides members with a reduced registration fee and exemption from Continuing Professional Education requirements.

SASW generally accepts the status of the member at renewal time and does not make changes to status throughout the year. A member with a “non-practicing” status is fully licensed and entitled to practice using the title “social worker.” A member’s license does not make the distinction between “practicing” and “non-practicing.”

President's Report, continued

staff who are required to have degrees in Social Work but are not presently required to be registered. Karen Wasylenska and Carole Bryant met with the Minister of Social Services, Tina Beaudry-Mellor, this past fall. We look forward to finding common ground on ways we can move towards more registration of MSS staff. One of the things we have discussed with the Ministry is for them to consider requiring all new MSS staff to become registered at the point of employment. Karen and I met with Nicole Rancourt and Carla Beck, MLAs with Opposition NDP. Both Nicole and Carla are registered social workers with SASW. Karen and I discussed the APE and its recent proclamation as well as current priorities for our Association.

SASW council responded to the March 22, 2017, provincial budget. This press release can be found on the SASW website: <http://sasw.in1touch.org/uploaded/web/statements/BUDGET%202017%20-%20SASW%20PRESS%20RELEASE.pdf>

Enjoy your summer!

Submitted by:
Ryan Labatt, MSW, RSW

Members must provide an explanation to register as “non-practicing.” In some cases a “non-practicing” status at renewal time will not be accepted. For example, a member is not employed in the practice of social work when they renew their membership in November. However the member will be employed in the practice of social work in December. In this case the member should be registered as practicing for the renewal year which runs January 1 to December 31.

Other jurisdictions in Canada apply the “non-practicing” status differently, particularly where a jurisdiction has mandate over scope of practice. In situations where a member may require dual registration or may be contemplating moving to another jurisdiction in which registration is required, clarification on how SASW applies the “non-practicing” status may be required.

If members have any questions or concerns please feel free to contact me directly at registrar.sasw@accesscomm.ca.

Submitted by:
Fay Schuster, MSW, RSW

DISCIPLINE DECISION

On January 16, 2017, a hearing of the Discipline Committee of the Saskatchewan Association of Social Workers was held in Regina with respect to a complaint against **Ms. Lynda McCuaig, RSW**.

The complaint was made by a former client alleging professional incompetence and misconduct related to an Access Assessment completed by Ms. McCuaig in 2014. The SASW Professional Conduct Committee investigated and recommended the matter be referred to the SASW Discipline Committee to hear and determine the complaint.

The decision of the Discipline Committee included:

- Acceptance of Ms. McCuaig’s guilty plea through the Agreed Statement of Facts.
- Conditions to be placed on Ms. McCuaig’s practice
- Ms. McCuaig to pay a fine of \$1,000 and costs of \$2,000 by March 1, 2017

The full report and decision for this hearing is posted on the SASW website <http://sasw.in1touch.org/uploaded/web/hearings/Discipline%20Committee%20Decision%20Amended%20-%20Ms%20%20LMcCuaig.pdf>

SASW Student Award Recipient: Nicole Kinzel

The SASW Awards Committee is honoured to acknowledge Nicole Kinzel, from Jansen Sk as the worthy recipient of the SASW Student Award for 2017. This award is administered through the South Saskatchewan Community Foundation. The disbursement allocation from the fund for 2017 was \$564.

As a MSW student, Nicole has been working as a registered social worker where



she has exemplified a strong commitment to social work values and ethics. Nicole has a long history of volunteering. She moved to a small town in rural Saskatchewan, where she saw new volunteer experiences. She quickly stepped into a challenging volunteer role as a fundraising coordinator to benefit a local project. Continuing to grow the new community where she is residing, Nicole has been active with reinstating the local Kinettes group in Jansen.

Congratulations on your hard work combining social work values and ethics with volunteering.

*Ruth Ann Thomas, MSW, RSW
Chair - Awards Committee*

CASW Executive Director Visits Saskatchewan

SASW was honored to welcome home Fred Phelps, Executive Director of the Canadian Association of Social Workers (CASW), in April. Fred attended the Advisory Board meeting on April 6 and Council meeting on April 7. Fred also spoke at the reception, open to members and the public, on the evening of April 6. Fred shared his observations on the current federal budget and CASW's role in helping to shape social policy on the federal level. Fred's knowledge of governmental processes and his commitment to social work were evident in his presentation and throughout the meetings he attended.



Update on SASW Annual General Meeting, May 25, 2017

SASW held its Annual General Meeting on May 25, 2017 in Regina. Highlights from the AGM include:

- The seven proposed bylaw amendments to the General Bylaws Requiring Ministerial Approval, which were circulated to the membership, were adopted.
- The auditor's report prepared by Priority Accounting Services CPA Prof. Corp Regina was approved as printed in the 2016 annual report. Priority Accounting Services was appointed as the auditor for 2017.
- The proposed fee increase to full and part time registration fees were accepted as circulated. The full time registration fee will be \$360 and

the part time registration fee will be \$225 effective January 1, 2018. The non practising and student membership registration fee will remain as per 2017 rates. SASW registration fees have not been increased since 2012.

- The election results include Wanda Miller (Weyburn) being acclaimed to the President Elect position. There were two positions available for the member at large position and four nominations. The results of the online voting resulted in Melissa Flowers Evans (Saskatoon) and Anthony Penner (Warman) being elected for a two year term to Council. Thanks was expressed to Sheila Szakaacs (Kipling) and Debra Wiszniak (Regina) for letting their names stand.
- The meeting closed with the presentation of the SASW Student Award, which is administered through the South Sask. Community Foundation, being presented to Nicole Kinzel. Nicole is presently a registered social worker who is working towards her MSW.

Resources for Social Workers

Among recent changes to the SASW Web site is an updated and expanded list of resources with links to relevant web sites. Below is a list of the content areas you can find by going to www.sasw.ca. If you have suggestions for other links that we should add please contact us at ed.registrar.sasw@accesscomm.ca.

Social Work Organizations/Associations
Social Work Education
First Nations/Indigenous Resources
Information on Social/Practice Issues
Child Welfare/Children's Issues
Family Violence
Health/Mental Health Resources
Poverty Resources
Workplace Bullying
Policy Organizations
Free On-Line Journals
Practice Guidelines
Social work and social media
General Social Work Sites
Saskatchewan Links
Employment Opportunities
Records Storage
Grant Writing
Advocacy & Social Action

Navigating an Ethical Minefield? Pondering a "Grey Area"?

The **Practice Ethics Committee** is a confidential support service for SASW members that offers guidance on ethical decision-making. The committee will make every effort to respond in a timely fashion, and will provide alternate ways of viewing and acting on ethical issues.

To contact the Practice Ethics Committee with your questions or dilemmas, please complete the form that has been developed and placed under each member's Profile home page. This form is received in the SASW office and forwarded to the Chair of Practice Ethics.

SASW AGM, May 25, 2017





Article Section

Resting While Working – Mindful Self-Care

WORDS: DAVID GREENSHIELDS, MA, RSW

Have you ever felt overwhelmed by the sheer volume and intensity of your work? Was managing stress and taking care of yourself a key part of your social work training? If not, then mindfulness may have something to offer you.

The value of mindfulness in clinical work has been supported by a growing body of research over the past 35 years. The pioneering work of Dr. Jon Kabat-Zinn, and his Mindfulness Based Stress Reduction (MBSR) program at the University of Massachusetts Medical School, has shown value in supporting people with a broad range of health issues, including cardiovascular conditions, diabetes, pain, cancer, anxiety, depression, fibromyalgia, irritable bowel syndrome, and asthma. In one famous study, Kabat-Zinn (1998) showed that people who were practicing mindfulness along with conventional light therapy for psoriasis healed four times as quickly as those only undergoing the normal treatment. Such is the impact stress can have on our mind/bodies.

Mindfulness is a burgeoning field. Its practice has been extended to many areas including eating disorders, sexual health, ADHD, education, criminal justice, the armed forces. Even within government, cross-party mindfulness groups exist in the UK parliament and US Senate.

As a new and rather naive social worker in my early 20's, my experience of the level of deprivation and suffering in my native Scotland was overwhelming. Working harder and longer hours didn't seem to make a difference in the lives of the people I was supporting. Hardly surprising that within a short time, my energy, mood, and health seriously declined and eventually I was diagnosed with chronic fatigue syndrome. My enlightened specialist suggested that I read Jon Kabat-Zinn's book, *Wherever You Go, There You Are* (1994). Meditation, not medication, was his answer!

Not only did I read the book, I bought the tapes and practiced the guided meditations every day. Something

was shifting; my energy improving, my spirits lighter. It was not by any means a linear process, especially when I would feel better and think I didn't need to keep practicing!

Research is proving the powerful benefits that mindfulness offers frontline workers in protecting them from burnout and improving their capacity to be more resilient in the face of the challenges working within health care and social services at this time. One study showed that physicians, nurses, and social workers taking the eight-week MBSR program showed a significant decrease in work-related burnout (Goodman & Schorling, 2012) and more recently, a five-hour mindfulness-based self care curriculum was associated with decreased burnout amongst palliative care practitioners (Podgurski & Claxton, 2015).

Kabat-Zinn's definition of mindfulness is "paying attention on purpose, to your present moment experience, while suspending judgment of that experience." Quite simple, just not easy to do! So much of our time is focused on the past and planning our future. It takes practice to stabilise our attention in the present moment, through both formal and informal means; formal practice being some combination of daily sitting, lying down, walking, and movement meditations; informal being about bringing greater awareness to the things we are doing all day every day, including at work.

In combination, mindfulness practice is shown to literally rewire our brains, as the field of neuroscience is now proving. In particular, it strengthens areas in our prefrontal cortex that are associated with attunement, regulation, insight, empathy, and intuition (Siegal, 2007).

Our work lives afford us a myriad of opportunities to practice mindful self-care. For example, how do we start our day? Are we rushing around, our routine timed almost to the second to arrive at work on time? Or, can we take a few extra minutes to tune into our body and breathe as we awaken, adding some gentle stretches as we prepare ourselves for the day ahead?

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As my doctor reminded me, "Whose oxygen mask do you need to put on first if you are going to be of any support to others?"

Resting While Working – Mindful Self-Care

Are we frustrated by the red lights blocking progress on our drive to work? Or, can these situations become opportunities to refocus and tune into how we are doing in that moment, perhaps catching ourselves hardly breathing or busy in thoughts about what lies ahead? How do we set up our day when we eventually get to work? Are we reacting to whatever demands others present, bouncing around like a pinball? Or, can we take a couple of moments to fully take our seats, feeling the support of the chair and consciously assuming the driver's seat of our work life, as we establish what's most important for us to focus on?

Meeting with clients and colleagues, whether face to face or by other means can provide us with a wonderful chance to be more fully present and effective in our work, truly meeting them where they are at and trusting in their unfolding process. No need to have all the answers!

Break times, do we take them? Are they spent checking our personal messages, taking care of business, or worse still eating at our desks? Instead, how might it be to actually appreciate the taste of food and perhaps getting out for a walk in the fresh air, taking in the sights, sounds, and smells? I have come to realize over the years that stepping back allows me to re-centre, provides greater clarity, and paradoxically saves time in the long run. As my doctor reminded me, "Whose oxygen mask do you need to put on first if you are going to be of any support to others?"

As we approach the end of our workday, are we rushing off to another appointment, to pick up the kids, or to get home? Or, are we rushing because that has become the norm, carrying the momentum of our day home with us into the rest of our lives? Rather, can we take a couple of minutes to pause—something that is invaluable throughout our days—to take stock and set our priorities for the next day, ready for our mindful journey home and the infinite opportunities the next chapter offers us to be more fully present in our lives? As Jon Kabat-

Zinn reminds us, "There are no in-between moments—this is it!"

References available upon request.

David Greenshields works as a Professional Practice Leader, Patient and Family Counselling, Centre for the Southern Interior, BC Cancer Agency.

This article was reprinted, with permission, from the Perspectives Newsletter of the BC Association of Social Workers, Volume 39, Number 1.



Gottman Couples Workshops – Art & Science of Love

Saskatoon October 14-15, 2017

Vancouver April 29-30, 2017 or Oct. 28-29, 2017

Calgary May 27-28, 2017 or Nov. 4-5, 2017

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Saskatoon	June 12-16, 2017	\$1,295 (savings of \$145 when signing up for both)



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“Social work holds the power to empower”

Social workers strive to provide their clients with tools to meet their needs. They provide support and guidance, and work to empower clients to find solutions and resources.

March 19-25, 2017, was the week in which social workers were recognized for all that they do. The theme for 2017 Social Work Week was “Social Workers – the Power to Empower.”

Katie Ball and Cheylyn Shipley are social workers for Acute Care Pediatrics and the Pediatric Intensive Care Unit at Royal University Hospital, Saskatoon Health Region. They established a parent and caregiver coffee time on Acute Care Pediatrics. Parents and caregivers were invited to come and hear from some of the different professionals who care for their children.

“We try to gear the discussion to their needs, depending on which parents or caregivers are able to attend,” Ball explains. “For example, if there are mostly parents of babies attending, the discussion might be geared to feeding and nutrition led by a registered dietitian. The recreation therapist might come and talk about how they can help support children and families during their hospital stay. We also offer discussion topics such as coping while a child is admitted to Acute Care Pediatrics and navigating the hospital and community resources.”

The number of parents and caregivers attending these sessions is increasing. It isn’t always easy for a parent or caregiver to leave the bedside of their child, but the break can be very refreshing for them. Parents and caregivers benefit from the educational aspect of the session, and they also have an opportunity to connect with other parents and caregivers.

One parent said she appreciated being able to access the social workers and dietitians one-on-one in a more casual and comfortable setting, which made it easier for her to ask the questions she wanted to ask. She stated that she appreciated being able to meet other parents who were in a similar situation, and she felt meeting other parents created an opening to continue further conversations back at the bedside.

“We work to empower the parents and caregivers,” says Shipley. “They often feel helpless as they may not be able to make their child feel better. We give them tips on how to get the clarification they need from the healthcare team.”

“We encourage parents and caregivers to take care of themselves so that they are able to continue providing the care their children need,” notes Ball. “We reinforce to parents how important they are to their child’s healthcare team as they know their child the best.”

The number of parents and caregivers attending these sessions is increasing. It isn’t always easy for a parent or caregiver to leave the bedside of their child, but the break can be very refreshing for them. Parents and caregivers benefit from the educational aspect of the session, and they also have an opportunity to connect with other parents and caregivers.



Katie Ball and Cheylyn Shipley, Social Workers, Saskatoon Health Region

Vital Volunteers

Volunteers are the most important resource organizations have. The ability of people to work willingly together for the betterment of their organization and themselves is a valuable resource. Ideally, volunteers find the donation of their time and energy a meaningful experience for themselves as well as for the organization.

This section of the Saskatchewan Social Worker is to “showcase” the many different ways social workers in Saskatchewan give their time to SASW.

For this issue, the spotlight is on:

Angie Pollom
Saskatoon Branch
Mentorship Program
Saskatoon



Why did you decide to volunteer with SASW?

I was part of the Social Work Student Society while completing my BSW degree in Saskatoon. We had a great group of volunteer students and we all carried on participating in the Saskatoon branch of the SASW. The long standing Saskatoon branch members at that time did a great job passing

information to us and I guess we just got hooked in. I have committed volunteer time to the mentorship program over the years because I was part of it as a student and see the value there is in talking with other Registered Social Workers who may have more experience in an area I'm interested in.

Approximate length of time that you have volunteered with SASW.

2008 and 2009 as a student member and I've been volunteering as a Registered Social Worker ever since.

What are your favourite parts about the role you play as a volunteer?

There are a lot of great parts to it. I like promoting the Saskatchewan Association of Social Workers and the profession of Social Work at different events we put on in our area or other events we attend in the community. I especially enjoy talking to the students and providing information about SASW and what registering means to me. I do not work in a job that reimburses my registration; the title I am employed under is not formally called Social Worker. However, I have remained registered since the time I graduated because this is the profession I choose

to spend my time and money getting into and I want to represent that everywhere I go.

What have you learned as a result of your participation?

The one thing that continues to stand out to me year after year that I don't think everyone realizes is that the SASW both provincially and in your local area runs almost completely on the hard work, dedication and spirit of volunteers. Aside from two paid positions and two contractors at the provincial office and a small honorarium for our President, we elect all the other positions are done by those who volunteer their time because we believe in promoting our awesome profession of Social Work. Passion and commitment is what keeps it running.

Why is volunteering important to you?

The most valuable thing about volunteering for the SASW is connecting with the social work students, the faculty, and other Social Workers in my area. I cannot recommend enough joining your local branch meetings, or re-building the branch in your area if it has gone a bit dormant lately. Having that group of like-minded people to meet with, getting to know others in the same profession who just “get it” is so important. The more you volunteer, the more you show up to the monthly meetings, even though they are often about the “business” of planning, the more you will get to know people and they will get to know you and your support network just widens. Not everyone in my life circle, in my family, “gets” social work so for me being a part of the SASW provincially and locally in Saskatoon is part of my self-care.

How has volunteering impacted your career?

Volunteering has kept me informed locally and provincially about different events, opportunities, projects. etc that are both an interest or benefit to myself professionally but also for the clients I work with. The connections I have made, the people I have met, have helped in my day to day work when I need to find resources in the community, or I am trying to make referrals and am not sure where to start. Many of us work in large government agencies and knowing someone on the “inside” can really help navigate the systems efficiently. Having good connections with other Social Workers has also given me opportunities to learn about training and professional development opportunities I may not have otherwise heard about. You might be surprised how much you benefit when you put yourself out there a few hours out of a month.

What else do you do in your spare time?

Ha Ha Ha... what is that? In July 2017 we are expecting the birth of our first child and are preparing for this transition.

Vital Volunteers

Volunteers are the most important resource organizations have. The ability of people to work willingly together for the betterment of their organization and themselves is a valuable resource. Ideally, volunteers find the donation of their time and energy a meaningful experience for themselves as well as for the organization.

This section of the *Saskatchewan Social Worker* is to “showcase” the many different ways social workers in Saskatchewan give their time to SASW.

For this issue, the spotlight is on:

Bill Johnston

Saskatoon Branch

Mentorship Program & Member at Large
Saskatoon



Why did you decide to volunteer with SASW?

I felt SASW can do some good work and I wanted to help.

Approximate length of time that you have volunteered with SASW.

Seven years.

What are your favourite parts about the role you play as a volunteer?

Despite similar educational foundations, we all bring our unique perspective and I feel it improves my practice to encounter other perspectives.

What have you learned as a result of your participation?

My self care benefits from my participation in SASW.

Why is volunteering important to you?

It broadens my experience which helps refresh my mind/view/practice and keeps things from becoming stale.

What else do you do in your spare time?

Walk the dogs, Playstation 4, travel.

SASW Has a Facebook Page

If you have Facebook, you can now visit the page **Saskatchewan Association of Social Workers**.

A page was chosen versus a group to be more visible to the public, in accordance to our mandate to promote the profession to our members and the public. This page will be managed by two Public Relations Committee members who will post relevant information and articles (following the media guidelines), communicate SASW updates when requested by the SASW Office/Council and police potential spam (controls will be set to minimize this risk).

You can search for “Saskatchewan Association of Social Workers” or enter the following link: <https://www.facebook.com/Saskatchewan-Association-of-Social-Workers-1507915522864962/?fref=ts> to view the page.

2018 Calendar

The Public Relations Committee is asking for pictures of *YOU* or a group of social work colleagues for the 2018 SASW calendar.

The 2018 calendar will depict “The Faces of Social Work.”

Please submit your pictures, in .jpeg format (high resolution) to the SASW Office (sasw@accesscomm.ca) by June 16, 2017.

Contributions to the newsletter are always welcome.

Read any good books lately?

Working on an interesting project?

Have an area of interest that you would like to share with other people?

Write to SASW Editor and see your name in print!

Deadline for the next newsletter is September 15, 2017.



SASW
Toll Free Number
(outside Regina)
1-877-517-7279



Committee, Branch & Task Team Section

SASW Saskatoon Branch Builds with Habitat for Humanity!

This year the Saskatoon Branch decided to focus on housing and homelessness for community and social justice events. Two volunteers attended a community event in October, 2016 to collect first voice comments and have them added to the Canadian National Housing Strategy. We then took on organizing three volunteer build days with the Saskatoon Habitat for Humanity project for Social Work month in March, 2017.

We had such a great response from Social Workers in the area! Thank you for all the support! The habitat project can only accommodate 10 volunteers per day and we easily signed up 30 excited Social Work volunteers. We were sad that we had a waitlist and couldn't get everyone in. However, we wanted to get this write-up in the newsletter to share information about Habitat for Humanity and encourage people to reach out and sign up on their own, or gather their own groups of people to volunteer. You don't need any experience to participate, most of our volunteers had not done anything like this before. We all had a fun day where we learned something new and left feeling rewarded for contributing to this important cause in our city. The Habitat for Humanity projects go all year round and they are always in need of volunteers. You don't have to have 10 people, that is just the maximum, you can sign up on your own or gather a smaller group of friends, family and co-workers. Below is some information about the Habitat for Humanity



organization and contact information for the Saskatoon site as well as around the Province!

Habitat for Humanity helps low-income working Saskatchewan families achieve the dream of affordable home-ownership. Habitat for Humanity does not give away homes – we provide a hand up, not a hand out. The homes we build are purchased by partner families with interest-free mortgages. Monthly mortgage payments are adjusted to 25% of monthly income to ensure that homes are affordable to our families. Before a family is placed in their home, each partner family must complete 500 volunteer hours. We refer to this as “sweat equity,” and it acts like a down payment. Habitat homes are built with 95% volunteer labour. The homes we build are safe, simple, and affordable.

Vision

Habitat Saskatoon sees a community where everyone has a safe and decent place to live

Mission

To mobilize volunteers and community partners in building affordable housing and promoting home ownership as a means to breaking the cycle of poverty.

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SASW Saskatoon Branch Builds with Habitat for Humanity! continued

Values

Housing for All: We believe that access to safe and decent housing is a basic human right that should be available to all people.

Human Dignity: We respect and believe in the worth and dignity of every human being. We recognize the people we serve and those that help us in this effort as our greatest resource.

Partnerships: We believe we can best achieve our mission through meaningful and mutually beneficial partnerships with others.

Faith in Action: We believe that faith is lived through action. We serve others in a spirit of justice and compassion.

Diversity and Inclusiveness: We believe there is a role for everyone committed to our mission, vision and values and we seek to enrich our organization through diversity.

Get in touch! Volunteer Information:

For Saskatoon: Contact our Volunteer Coordinator, Shannon.

Office: 306-343-7772, volunteer@habitatsaskatoon.ca

For Prince Albert: 306-764-4662, director@habitatpa.ca

For Regina: Administration Office (306) 522-9700

Go to their website at: www.habitatregina.ca

*Across the top tool bar is a drop down menu for other chapters, there is information here for Weyburn, Estevan, Yorkton and Moose Jaw

For Lloydminster: hab4hum@sasktel.net

*If you don't see your area listed contact the closest site and they will help direct you!



A Message from the Awards Committee

Pause – stop – and think – about how, just yesterday (or the day before that), when you were thinking about how great your co-worker is. How he/she interacts with clients and supports his/her clients. How they always seem to go the extra mile, both for the client and for co-workers. Think about that great social work colleague and how they really exemplify the values of social work and SASW. Maybe it's a team or a unit that comes to mind. Shouldn't they be recognized and honoured by their colleagues?

Well, they can be! Every year the Awards Committee looks for that great co-worker to acknowledge. So, maybe you don't need to wait for the winter deadline – beat the rush and start the process to honour that worthy social worker now! Write to us, telling us about your co-worker and why they should be honoured for distinguished service award!

For information on the nomination process, check the SASW website or contact the SASW office.

Roadmap to Excellence: Navigating Boundaries

Is your branch looking for professional development opportunities?

The **Navigating Boundaries Workshop** (advanced ethics) is an opportunity to talk about boundaries, get some continuing education hours and network with colleagues.

Workshops are approximately ½ day in length but can be tailored to meet your needs (even a lunch and learn session). The workshop is free to members and led by a group of enthusiastic volunteer facilitators.

To request a workshop in your area, please e-mail to ed.sasw@accesscomm.ca.



CASW Report

Overview

CASW's national voice continues to grow with the additional membership and resources from Alberta returning to the Federation. The additional finances have allowed the hiring of a full-time social work policy analyst along with a part-time administrative assistant. With the Liberal government, more access to ministers and committee hearings on the Hill have become available, thereby more work for CASW office and opportunities to meet and present.

Financially the organization is strong with surplus yearly budgets to date. Additional services and programs to members have been developed and will be outlined in the report below.

Policy Development and Advocacy

CASW made representation to the Finance Committee pre-budget meetings in August 2016 and again in February 2017 in preparation for the Federal Budget March 22. CASW's proposed Social Care Act along with The Accountability Act for Canada Social Transfer dollars, and the paper on Social Investments have formed the background to the presentations. The call for Basic Income has been met with more interest and support, along with call for a National Child Care Act. Please check the CASW website for copies of submissions made to the Finance Committee meetings, along with copies of the Social Care Act and other policy documents developed in the last five years. I promise they are a great read and inspirational.

The CASW Executive Director has assumed the chair of CAMIMH Champions and Faces of Mental Illness campaigns for the next two years. Canadian Alliance on Mental Illness and Mental Health (CAMIMH) comprises 16 national health care associations. Fred Phelps is also the chair of the Public Affairs Committee established to develop a consensus position on mental health (MH) to influence the Health and Social Accord. At present the focus is on a 2% increase in overall MH spending, a Mental Health Innovation Fund and Poverty reduction strategy with basic income as a cornerstone, along with a national affordable housing strategy with a focus on MH infrastructure.

Member Services

The CASW Board has approved the development of webinars held from the end of January through into March and Social Work Month. Topics included working with Domestic Violence, Ethics and Social Work Practice, Termination with Clients, Why Have Professional Liability Insurance, and others. This larger platform is allowing more members to attend and to participate. As well, the sessions are recorded and available to access for as long as they remain on the system and with capacity to house them.

The CASW website has just undergone a complete upgrade. Changes from HTTP to HTTPS will maintain our top spot on Google searches. A re-theming and visual overhaul of the website; with a complete audit toward the goal of moving to a more streamlined menu and search system so content can be found more easily.

At the last board meeting, a social work practice reference center offered by EBSCO has been authorized to be purchased for \$10,000. Available on-line with an array of topics such as clinical social work, end-of-life care, adolescent health and aging will provide the latest evidence-based information. Information will be provided through care sheets, quick lessons and skill competency checklists; along with clinical assessment tools, practice guidelines, drug information and client education handouts. If the uptake from members is deemed sufficient, the additional on-line service of providing access to professional journals will be made available. Please keep checking the website casw-acts.ca to see if it is launched and working.

CASW has also changed its professional liability insurance provider with the same coverage and premiums in order for members to receive better service. The insurance provider is BMS. Please check the CASW website to access an application or to renew your insurance. Please be assured it is the most extensive and affordable professional liability insurance available with \$5,000,000 liability coverage.

A good number of applications by internationally trained social workers are made monthly to CASW's

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CASW Report, continued

assessment and evaluation service. Credentials and education classes are evaluated and assessed as equivalent or not to Canadian standards.

Conclusion

This is the last report from me as your representative to CASW. I have just completed an eight-year term. The term included three two-year terms and one extended two-year term in order to transition new board members over that two-year period. The next and last board meeting for me will be held in Banff in early June after which the new Board member from Saskatchewan will take over. Congratulations, Hazel Berg!

This has been a great opportunity to serve the profession of social work at a national level. I am very proud to have been serving during the time of great upheaval and uncertainty for CASW, during the withdrawal of Ontario and Alberta from the federation. While there were some painful cutbacks, the increased efficiency and output of work was commendable from the small staff. The board members moved to consensus decision making and a policy governance model during this time, both have been a great learning opportunity. Board members have become friends and well connected colleagues.

Planning and strategizing policy development and advocacy at the national level has furthered my understanding of the processes of the national government. There were many opportunities to meet with elected representatives from across the country from all political parties; all encounters were informative and in each we felt we made a contribution. Personally, I made two presentations to the Finance Committee under the Conservative government, one in Ottawa and one in Saskatoon. I enjoy

some great memories from those encounters. The increase in the supplement to the Seniors Old Age Security and the increase in Compassionate Leave under Employment Insurance, I like to think were cherry-picked from those presentations. There are still many changes and additions to federal social welfare policies which need to be made to help ensure greater fairness and equity across the country.

My best wishes to Hazel as she takes over Saskatchewan's place on the board of CASW. Thank you to all for your trust and support of me during these eight years.

Submitted by:

Ray Pekrul, MSW, RSW



**SASW
Student
Award Fund**





Climb on Board...
Make a Difference

What does your donation do?

- increases the amount of the award yearly; as the fund increases so does the award
- attracts students to the profession and to SASW while still in school
- an opportunity to pay back for support you received as a student
- official income tax receipts are issued for individual donations

How can donations be made?

- individual donations
- bequests from estates
- as a beneficiary of your life insurance policy
- through fund raising events

The SASW Student Award Fund is established through and managed by the South Saskatchewan Community Foundation.

Your donations can be sent to:
**South Saskatchewan
Community Foundation**
 3934 Gordon Road
 Regina, SK S4S 6Y3

Saskatchewan Association of Social Workers
www.sasw.ca

CASW Professional Liability Insurance Program

The CASW Liability Insurance Program offers a full range of coverage specifically designed to meet your practice risk needs. Coverage options include protection for professional liability, commercial general liability, cyber security and privacy liability, and business related coverages.

Recently, CASW switched to a new company - BMS. The switch in brokers represents no change in coverage or cost to members.

In making this change, members will experience significant benefits, including increased value and improved services. Members participating in the insurance program will benefit from additional practice risk resources and significantly enhanced customer service. With expert service and support on your side, new risk resources and best-in-class legal defence, the new program is better designed to suit your professional needs.

Professional Liability

Professional liability insurance protects members against liability or allegations for injuries or damages to a third party (such as a patient or client) that have resulted from a negligent act, error, omission, or malpractice that has arisen out of your professional capacity as a social worker.

Your Professional Liability Insurance also provides you with the following coverage:

Regulatory Legal Expense (Disciplinary) Coverage

Regulatory legal expense endorsement provides coverage for legal costs associated with having to appear at a disciplinary hearing with a regulatory body. In the event of a complaint or investigation, members are provided with superior legal representation and defence protection. Examples include complaints alleging professional misconduct, incompetence, or incapacity.

Criminal Defence Coverage

Coverage provides reimbursement to an insured members for defence costs associated with a case filed under the Criminal Code if the professional service was rendered in Canada and the member is found 'not guilty' of the criminal charge.

Sexual Abuse and Counselling Fund / Abuse Limitation

All options include a maximum funding of \$15,000 for the rehabilitation and therapy of a person who, while a client, suffered abuse in the course of an insured member's practice as a social worker. Members are also

provided with a \$1,000,000 sublimit to pay for defence costs and damages because of civil claims relating to alleged abuse or threat of.

Coroner's Inquest Legal Expense

Provides coverage for legal expenses incurred by a member from or in connection with a coroner's inquest, or similar special inquests or commissions before which the insured member is called upon to appear.

Out-of-Country Extension

Out-of-country coverage is automatically included for 90 consecutive days at no extra charge for members who travel outside Canada while attending academic courses.

Additional Coverage Definitions

Commercial General Liability

Commercial general liability insurance (CGL) provides coverage to protect against claims arising from injury or property damage that you (or your business) may cause to another person as a result of your operations and/or premises (for example, a client may slip and fall on a wet floor and injure themselves).

This coverage is recommended for CASW members who own or operate clinics. Coverage is also recommended for independent practitioners who contract out their services or bill under their business name.

Legal Entity Coverage

In the event of a claim, both the treating social worker and your business name are likely to be named in a statement the lawsuit. Legal Entity Coverage protects the business and its assets in such circumstances. This coverage is recommended if you have social workers working for, or on behalf of, your clinic and billing under your clinic name.

Businesses that employ professionals other than social workers are NOT eligible for this coverage.

Extended Reporting Period

The professional liability insurance is on a claims-made form meaning that coverage must be in place at the time that a claim is brought forward. If you are on parental leave, taking a sabbatical, anticipate retiring or are no longer working as a social worker, an extended reporting period coverage is available to protect against claims that may arise from previous services.

To apply for liability insurance: <http://www.casw.bmsgroup.com/en/apply-for-coverage>

CASW/Aon Scholarship Recipients

Samantha Gordon, Saskatoon

I am honoured to be recognized for the CASW/AON Scholarship Award. This past winter semester I was enrolled in five social work classes as well as working half time. I serve as the Fundraising Chair for the Saskatoon Social Work Student Society as well as the student liaison for the SASW, Saskatoon Branch. I also volunteer my time at the Student Wellness Initiative Toward Community Health Clinic. With this hectic schedule, I definitely felt the pressure of finances and my course load. I have chosen to set aside the amount awarded to pay for my spring class tuition. This is a great weight lifted as I do not have to be concerned about the financial burden of the final class of my Bachelor of Social Work degree. I appreciate the ability to remain involved in all of my community commitments as these are causes that are important to me. I am passionate about working with vulnerable populations and making a difference in the lives of others. Thank you for recognizing my efforts and I am grateful that SASW has played such an integral role in my journey to becoming a social worker.



Hanna Koetting, Saskatoon

I am pleased, honoured and humbled to accept this award. A very special thank you to the SASW Awards Committee for selecting me. It is affirming to have my community and volunteer involvement recognized. Receiving the CASW/AON Award has helped ease the financial burden of my student loan, resulting in less stress during the school semester. I am grateful that the Social Work profession is helping future social workers be successful.



Sophia Thomas, Saskatoon

It is an honour to be one of the recipients of this year's CASW/AON Scholarship Award as chosen by the SASW Awards Committee. This scholarship allows me the opportunity to focus on my social work studies and not on the financial burdens that come with university. Receiving such an award highlights that my passion for volunteering and advancing my experiences in the social work field are recognized and appreciated. I would also like to highlight the support provided by the SASW, that of which gives students, like myself, the opportunity to be a part of such an encouraging group of people. Being a student member of the SASW allowed me the chance to apply for this scholarship as well as attend many educational and rewarding events. I look forward to taking more classes and to serve further in my community. Both of which I am fortunate enough to do with the support from this scholarship and the SASW.





Faculty of Social Work, University of Regina Section

Dean's Message



I began my last message by saying I was feeling optimistic, despite the outcome of the U.S. elections. I continue to hold tight to this optimism, especially in this Saskatchewan post budget era, this austerity budget era. I believe we need to remain hopeful and maintain a level of optimism that will help us to build our capacity and our

strategies to respond to the regressive and challenging policies that are so dominant. I am optimistic, because I am also hearing anger expressed by residents from a broad range of backgrounds. As Bob Mullaly said, anger is a good thing if used wisely.

There is little about the budget decisions and proposed policy and legislative changes that call for celebration. Yes, decisions that would have decimated Saskatchewan's public libraries were reversed. But, overall, the rapid movement towards privatization of Sask Crown corporations, the budget cuts and pending closures (for example, elimination of Saskatchewan Transportation Corporation- STC) reflect a leadership that is clearly pandering to a business class, and that is dismissive of, and unconcerned about the economic and social disparities within the province. How else could we explain a decision to eliminate a public service (STC) that has been a mainstay for older adults, people living in the north and rural communities, people living with disabilities, and individuals needing to travel to access a wide range of health services? How else

could we explain decisions to cut funding to health and social programs for the very vulnerable –children with disabilities, people with hearing impairments, people on low incomes who have lost family members and are planning funeral services, and to community agencies? I am optimistic because I see these times as opportunities for Saskatchewan residents to come together, avoid lining up behind single issues and policies only, and raise united voices about the kind of Saskatchewan we want to uphold.

I am hopeful that my colleagues will maintain their commitment to the profession of Social Work, and will inspire our students and the wider community to have their voices heard. I believe our Social Work voices are not consistently loud enough. These are not the times to stay in the background and let others speak up without us. Our programs of education, our practice, and our professional values and ethics give us the knowledge and tools to step forward and be advocates. As a Faculty of Social Work, we will continue to prepare graduates from our programs to go into the field with a strong commitment to responding to the Calls to Action put forward by the Truth and Reconciliation Commission of Canada. We will continue to work on revising our curriculum to respond to the Calls for Action. We will continue to focus on the themes of Indigenization, social and environmental justice. In so doing, my hope is that we are continuing to prepare our graduates to respond to the challenges and policy decisions that risk creating greater disparities and inequity within Saskatchewan.

*Submitted by:
Judy White, Ph.D., RSW*

UPCOMING CONFERENCES, WORKSHOPS & WEBINARS

Online Counselling Training Level 1

12-week online course for practitioners who want to offer professional, ethical text-based online counselling to their clients. You will learn both asynchronous and synchronous approaches.

Participants in the course will improve their online counselling skills and professionalism. Certificates are issued upon completion of the course.

To learn more and register please go to:
<http://www.therapyonline.ca/cybercounselling/course-desc-L1.asp>

Contact Person: Lawrence Murphy
at (519) 831-9141 or research@sympatico.ca

Eye Movement Desensitization and Re-Processing Basic Training

August 2-5, 2017
Saskatoon, SK

Contact: Sidney McGillicky

Ph: 306-551-0371

email: livingskycounselling@gmail.com

The Collaborative Process: Interdisciplinary Training, A Better Way to Divorce

June 9 and 10, 2017

Saskatoon, Queen's House 601 Taylor Street

Contact Person/information:

Shirley Costron

E-mail: info@collabsask.com

Web-Site: www.collabsask.com

The Link Conference

September 21-22, 2017

Regina

Contact: Crystal Stubbs at 306-382-7722 or
email crystal@sspeca.ca

34th International Seating Symposium: Current/future developments in CMS the areas of seating, positioning and mobility

March 6-9, 2018

The Westin Bayshore, Vancouver, BC

Email: marketing.ipce@ubc.ca

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Upcoming events, news and workshops are regularly posted on the SASW website.
Please visit the website for more information.