

Island Catholic Schools Pro-d Day – Friday, May 3, 2019
at Cowichan Exhibition Park (Mellor Hall) in Duncan
7380 Trans Canada Highway
in Dunan

**Connecting the Dots that Matter:
Building Resilience in an Age of Anxiety**
Presenter: PJ Lewis

PJ is a Registered Clinical Counsellor, and a Canadian Certified Counsellor having received his Master of Education degree in Counselling Psychology from Simon Fraser University. One of the co-founders of Lifted Counselling and Consulting, PJ has particular expertise in providing individual, group and family treatment to high-risk youth and families experiencing concerns such as suicidality, self-harm, impulsivity, depression, anxiety, trauma, psychosis and addictions. PJ focuses his practice from an interpersonal approach with thoughtful integration of behavioural, skill-based strategies.



As a speaker and consultant, PJ has presented at numerous forums, workshops, and conferences locally, nationally and internationally providing skill-based trainings for parents, educators, counsellors, and health care professionals. PJ is deeply committed to family life with his wife and four children, active in the life of his parish, and involved in a number of initiatives in the Archdiocese of Vancouver.

Agenda:

- 8:00 am** Registration/Coffee

- 8:30 am** Opening Prayer

- 8:45** Session 1 – *In the Beginning* (attachment, resilience)
(brief intro followed by interactive activity that integrates discussion)

- 10:15** Break

- 10:45** Session 2 - The Fall (stress, anxiety, depression, substance abuse)
(talk; table discussion; Q&A)

- 12:15 - 1:15** Lunch

- 1:15** Session 3 – Redemption (skills and strategies to help)
(talk; table discussion; Q&A)

- 2:45** Closing Prayer

- 3:00** Departure