

**Believe**   
*Transforming Tomorrow Together*

**YPAHD  
DAY**

MONCTON, NB  
NOVEMBER 18, 2017  
REGISTRATION PACKAGE

**#YPAHD2017**



## President's Message



I can hardly believe it is almost time for youth within the HD community to gather once more! On November 18th, young people between the ages of 14 and 35, who are affected by HD, will

gather at 3 locations across Canada to learn and inspire one another.

We are excited for the line-up of local social activities planned by your YPAHD representatives and local Chapter members, as well as for the outstanding topics and speakers we will learn from throughout the day – from research to care, to topics that pertain to youth specifically!

Funding is available for young people to attend the location nearest you. Fill out an application by June 30 to be eligible. [Click here](#).

It is my hope that those attending YPAHD Day will have the same experience and feelings I had when I went to my first event, that this HD community we are in, it's a family and we are all here for each other. We have the ability to change the world and by each of you being part of this day, this community, this fight, makes you an HD warrior and something to be proud of.

Sincerely,

*Jaclyn Skinner*

Jaclyn Skinner  
Chapter President

## What is YPAHD?

The Huntington Society of Canada operates through a national network of volunteers and professionals united in the fight against HD since 1973. In 2008, a virtual Chapter connecting youth across the country was formed and called Young People Affected by Huntington Disease (YPAHD). YPAHD helps youth think about and discuss topics like genetic testing, family life, and dating with HD, and supports them in the struggles of being affected by the disease. The group gives young people someone to relate to, talk to, and lean on – something incredibly important during this stage of life.

## What is YPAHD Day?

In 2012, YPAHD created a one-day youth conference (YPAHD Day). Every other year, these conferences are held regionally in Western, Central and Eastern Ontario. YPAHD Day attendees appreciate the opportunity to meet other youth who understand their situation and benefit from much needed education and support. The fun antics are appreciated too! Regional YPAHD Days first took place in 2015 in Calgary, Toronto and Halifax.

## How To Register

This package includes all information needed to register for your Regional YPAHD Day.  
Click [HERE](#) to register!

### WHAT'S INCLUDED

Full registration includes: All workshops, breakfast, lunch and coffee breaks on November 18th.

## Key Dates

<b>MAY 25</b>	Registration Opens
<b>JUNE 30</b>	Funding Application Deadline
<b>AUGUST 31</b>	Deadline to complete registration and book travel if funding received
<b>SEPTEMBER 1</b>	Registration fees increase to \$120 each
<b>OCTOBER 2</b>	Cancellation Deadline (with refund)
<b>NOVEMBER 3</b>	Registration Deadline
<b>NOVEMBER 18</b>	YPAHD Day

## Schedule At A Glance\*

\*subject to change; where not listed, presentations will be facilitated by local YPAHD representatives/executive members.

FRIDAY NOVEMBER 17	
<b>EVENING</b>	Dinner in Maverick's Steakhouse and Grill followed by games in the Hospitality Suite *at the attendees expense
SATURDAY NOVEMBER 18	
9:00 AM	Introduction and YPAHD 101
9:45 AM	SocialSense: Thinking Through Social Media
10:45 AM	Cannabis and HD with Dr. Eileen Denovan-Wright
12:30 PM	Exercise for Huntington disease? Absolutely! with Ariane Bluteau
1:30 PM	Grief and Guilt with Angèle Bénard
3:15 PM	Event Round Tables
4:15 PM	Recap and Wrap-up

## Session Descriptions

### SOCIAL ACTIVITY

Join other YPAHD Day attendees, and local YPAHD Executive members at Maverick's Steakhouse and Grill inside the Four Points hotel. After dinner, join us in the Hospitality Suite for games! Get to know the group, have some fun and build relationships!

### INTRODUCTION AND YPAHD 101

Our senior YPAHD volunteers help us get to know each other, and a little bit about the history and goals of YPAHD.

### SOCIALSENSE

We all know what a powerful tool social media can be, and how our social media presence can impact our daily lives. Our YPAHD Executive members will guide a discussion on using social media safely to build awareness for Huntington disease, fundraise, and advocate.

The Huntington Society of Canada  
is a proud supporter of



HUNTINGTON'S DISEASE  
YOUTH ORGANIZATION

To learn more  
please visit [www.hydo.org](http://www.hydo.org)

### CANNABIS AND HD

Cannabis has been grown and used as medicine for thousands of years. What is in Cannabis (marijuana)? What do the chemicals found in Cannabis (cannabinoids) do? How do they affect the brain and body? There is a growing interest in harnessing the power of cannabinoids for the treatment of a wide range of neurological and psychological conditions. Many young people see Cannabis as a recreational drug with no or little risk. It is becoming widely available. Is Cannabis and cannabinoids effective and safe for people with Huntington disease? We will review what is known and what needs to be explored to fully appreciate the possible benefits and risks of this group of drugs.

### About Eileen:

Dr. Eileen Denovan-Wright is a Professor in the Department of Pharmacology and Associate Dean of the Faculty of Graduate Studies at Dalhousie University. Her long-term research interests are in Huntington disease (HD). Over the last 5 years, her lab has focused on the potential of cannabinoids for treatment of HD and other neurodegenerative disorders. She extensively collaborates with other cannabinoid pharmacologists in Canada and the US.

## EXERCISE FOR HUNTINGTON DISEASE? ABSOLUTELY!

This presentation will aim at giving you a review of how Huntington disease affects the body and some ways that exercise can help with the symptoms. The presentation will be followed by a demonstration of exercises that you'll get to try!

### About Ariane:

Ariane Bluteau is an ACSM certified clinical exercise physiologist who has trained in Kinesiology at Laval University. She now works as a Kinesiologist with populations presenting with chronic diseases. She also loves to share her knowledge of the benefits of physical activity which she does on a daily basis working as a clinical educator at Université de Moncton.



YOUTH  
MENTORSHIP  
PROGRAM

For more information, visit:  
[www.huntingtonsociety.ca](http://www.huntingtonsociety.ca)

## GRIEF AND GUILT

Growing up in a family affected by Huntington disease means young people are forced to deal with grief and loss. Recognizing, managing and expressing the range of feelings associated with this grief, as well as understanding its stages may help with the process. Angèle Bénard, Director of Family Services and Community Development with the Huntington Society of Canada will engage and facilitate a conversation around grief, loss and survivor's guilt.

### About Angèle:

Angèle Bénard is a registered social worker. In 2008, Angèle accepted the role of Resource Centre Director in Northern Ontario with the HSC. In that role, she worked with individuals, families and community services affected by Huntington disease. In September 2015, she accepted the position of National Director of Family Services and Community Development with HSC. Angèle also developed the training sessions for the mentors in the HSC Youth Mentorship Program offered to young people affected by HD.

## Event Round Tables

It's time to use today's inspiration to explore ways to give back and impact the future of HD research and support services! With help from senior YPAHD volunteers, we will work in small groups to brainstorm and develop fundraising and awareness events that we can implement in our local communities when we return home.

## YPAHD Day Logistics

### YPAHD DAY HOTEL AND VENUE

Four Points by Sheraton Moncton  
 40 Lady Ada Boulevard, Moncton, NB

For more hotel information, visit [www.fourpoints.com/moncton](http://www.fourpoints.com/moncton).

**Check in:** 3:00 p.m.

**Check out:** 12:00 p.m.

Contact [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca) or call 1.800.998.7398 for more hotel and travel information.

## Registration Information

### HOW TO REGISTER

[CLICK HERE](#) or visit: [www.huntingtonsociety.ca/ypahd-day](http://www.huntingtonsociety.ca/ypahd-day)

Alternatively, you can email [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca) or call 1.800.998.7398 to request a registration form which you can scan and email to [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca) or fax to 519.749.8965

### What's Included

Full registration includes: All workshops, breakfast, lunch and coffee breaks on November 18th.

## Rates

	EARLY BIRD (on or before August 31st)	REGULAR RATE (September 1 - November 3)
Registration Only	\$100	\$120
Registration and hotel room (HSC will book your room and assign you a YPAHD roommate)	\$175	\$200

\*Full funding for youth is available. Contact [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca).

Questions? Contact [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca) or 1-800-998-7398.

## Youth Mentorship Program



The HSC Youth Mentorship Program is designed to support young people across Canada facing the everyday challenges of growing up in a family affected by Huntington disease. HSC is committed to offering a nationwide mentoring program that provides youth with one-on-one time and attention with a mentor who will receive ongoing support from a Social Worker within HSC.

The goal of the program is to offer young people the opportunity to connect with a mentor who will be able to provide them with valuable support at critical points in their lives. The adult volunteers involved in the mentoring program will also be from families affected by HD. Sharing this common experience may assist them in better understanding and connecting to the youth mentees. The mentors will be committed to supporting, guiding, and being a friend to the youth. The mentors will listen and provide the youth with accurate and age appropriate information.

The mentorship program strives to:

- Encourage and help prepare youth for the challenges they face
- Help break down the sense of isolation many youth affected by HD experience
- Assist youth in making informed decisions about their life
- Provide youth with positive role models and support
- Connect youth to YPAHD and the HD community

For more information, contact our Mentorship Coordinator at [mentorship@huntingtonsociety.ca](mailto:mentorship@huntingtonsociety.ca) or call toll free at 1-855-253-0215.



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