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February 2010

BCCPAC Representation Report

Submitted by: **Deborah Garrity, Director**

Name of Event: Learning & the Brain Conference

Date of Event: January 23, 2010

Location of Event: MacNeill Secondary, RICHMOND, B.C.

This 11th annual Learning and the Brain Conference which is held annually in Richmond featured a keynote - **"Being Successful Parents: Understanding Yourself and Your Child"** and was the theme of the workshops for this year's exciting conference.

With over 15 workshop sessions it was difficult to choose. Examples of sessions: Understanding Anger: Helping You and Your Child Cope, Supporting Your Anxious Child, The Adolescent Brain, Hugs, Humor and Hope – Parenting Strategies for Student Success – a school and family perspective, Mental Health and Youth, Grand-parenting supports student success.

This conference targeted parents, caregivers, and educators of children from preschool to adolescence. Some of the workshops were held in Cantonese, Mandarin, Punjabi, and Tagalog.

This provided an opportunity to interact and dialogue with other parents, as well as check out potential presenters to recommend to others and also exhibitors and vendors for conferences.