



#Fill Your Life Conference 2025

April 26 & 27
Aurora, ON



AGENDA

SATURDAY, APRIL 26, 2025

*PLEASE NOTE: Only Annual General Meetings will be available by ZOOM.

11:00 – 11:30 Arrival Conference attendees

11:30 – 12:00 Catered Lunch

12:00 – 1:15 **President's Welcome and Icebreaker Activity**

1:30 – 2:30 **"Support to Thrive"**

Guest speaker: **DR. KINGSLEY HURLINGTON**

Ever wonder why some people are seemingly crushed by stress in their lives while others seem to thrive?

Resilience is the capacity of individuals to navigate their way to well-being in the face of adversity.

In this interactive presentation, we will explore the concept of resilience as it applies to youth and adults in an attempt to understand how it explains success despite overwhelming challenges.

An educator for the York Region District School Board for many years, Dr. Hurlington recently started his journey as an administrator. This is only one of the many hats that he is privileged to wear. He is also a practitioner and a researcher. He holds a PhD in resilience and youth, looking primarily at youth in rural communities. In his spare time, he works with Kids' Help Phone.

2:30 – 3:00 Networking and Snack Break

3:00 – 4:00 **"The Cost of Religion in Canada - Dollars and Sense"**

Guest speaker: **LESLIE ROSENBLOOD**

Government should be neutral in matters of religion, neither supporting nor suppressing religious expression. Therefore, Canada should not subsidize religious institutions through tax exemptions and direct grants - yet it does. Leslie Rosenblood, Secular Chair for the Centre for Inquiry Canada, will identify the many ways the three levels of government support religious groups, and specify the staggering costs to Canadian taxpayers.

Leslie is the host of Podcast for Inquiry, the official podcast of the Center for Inquiry Canada. He firmly believes that evidence-based public policy is the best foundation for laws and regulations, and that facts and their logical implications should form the foundation of discussions in society. Leslie has advocated for a more secular Canada for nearly two decades. He writes about secularism, religion, politics, ethics, free speech and other topics at opinionsquestions.blogspot.com.

4:00 – 5:00 **"The Far Right Comes Into Its Own"**

Keynote speaker: **JUSTIN LING**

"Canada has faced a domestic extremism problem for years. We've seen attempted political assassinations, racist murders at places of worship, an attack on Parliament Hill, and armed groups threatening race wars. All of those attacks were carried about by people radicalized right here in Canada, convinced that political violence is the best way to enact change. You've probably heard politicians or security officials talking about this threat. But what you probably don't know is the speed at which the problem is growing, or the extent to which some of these violent ideologies are now capturing teens and even preteens in Canada. What you definitely haven't heard is a coherent plan from a Canadian political leaders to address the issue."

Toronto Star – October 2024

Justin Ling is a freelance journalist who covers politics, democracy, the law, national security, misinformation, extremism, and where all those things intersect. He is a contributing columnist to the Toronto Star, a contributor to Foreign Policy, WIRED, and The Walrus, and has contributed to a swath of other outlets. He hosted the podcasts The Village and The Flamethrowers, and he writes the newsletter Bug-eyed and Shameless, all about our current information ecosystem.

5:30 – 6:00 Personal Time

6:00 – 8:30 Cocktail hour followed by catered dinner

8:30 – 10:00 Hospitality & networking

AGENDA - SUNDAY, APRIL 27, 2025

9:00 – 9:15 Welcome/recap of Saturday/review of Sunday's agenda

9:15 – 10:15 **"Food Insecurity - A Global Crisis"**

Guest speaker: **SANDRA SEEPAUL**

Sandra will explore the critical issue of food insecurity through the lens of a local Food Bank. Food insecurity is a growing global challenge that affects millions of people. We will explore and examine the underlying causes of food insecurity, and look at the impact of food insecurity on health, education and social stability.

10:15 – 10:30 Networking and Snack Break

10:30 – 11:45 **"Regulating Your Mood in Times of Chaos"** - A panel discussion

Jennifer Hoy, Ian McMillan and Barbara Rowlandson share some of their best practices for regulating their emotions through times of chaos.

11:45 - 12:00 **Laughter Yoga -**

Jennifer Hoy will help to lift our mood with a group laugh. Breath deeper and tap into your inner joy!

12:00 – 12:30 Catered Lunch

12:30 – 1:30 ***OHS Annual General Meeting**

1:30 – 2:00 ***Ceremonies Committee AGM**

2:00 Conference adjourns

AGENDA subject to change without notice.

**Only Annual General Meetings will be available by ZOOM.*

