

Keynote Speaker:

## **Shahina Siddiqui**

**Counsellor, Interfaith  
Advocate and Executive  
Director of the Islamic Social  
Services Association (ISSA)**

Shahina Siddiqui is a spiritual counselor, educator and social activist, working in both the field of social work and counseling.

Shahina is the founding member of ISSA and served as the Executive Director in both the USA and Canada from 1999 to 2003. She is currently serving as the President/Executive Director of ISSA in Canada.

Shahina shares her knowledge of: spirituality, interfaith dialogue, racism, policing, civil liberties, gender, Islam and human rights issues at various national conferences. She has been also an active member of many committees and boards, including several with the RCMP.

Shahina has done pioneer work in Islamic spiritual counseling, developing training programs and manuals for Muslim professionals in the field of social services, health care and counseling.

## CONFERENCE DETAILS

Date: Thursday, February 23, 2012

Time: 8:30 am – 3:45 pm

Venue: Saint Paul University, 223 Main Street

Cost: \$60 for the general public; \$25 seniors, caregivers, students

Price includes: Keynote speech, workshops, conference material, theatre group, vegetarian lunch, refreshments and parking.

**Advance Registration Required by Friday, February 17<sup>th</sup>, 2012 at Noon.**

Bus routes: 5

For more information visit: [www.coaottawa.ca](http://www.coaottawa.ca)  
or call Khadija Haffajee at 613-749-7138

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 UNIVERSITÉ SAINT-PAUL  
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**Islam Care Centre**



**IOKDS**  
INTERNATIONAL ORDER OF  
THE KING'S DAUGHTERS AND SONS



The 3<sup>rd</sup> Annual  
Conference on  
Spirituality and Aging:

## CARING FOR OUR AGING



**Thursday, February 23, 2012**

8:30 am – 3:45 pm

Saint Paul University  
223 Main Street  
Ottawa, Ontario

For information: [www.coaottawa.ca](http://www.coaottawa.ca)

# CARING FOR OUR AGING

**Join us for an interfaith exploration of the relationship between caring and spirituality:**

- Caring for Others
- Caring for Our Community
- Caring for Ourselves

## Who should attend?

Seniors; caregivers; professionals and students who work with seniors; anyone interested in spirituality and aging.

For people of all cultures, faiths, abilities and ages. Workshops in both French and English.

## AGENDA

**8:30** Registration in the Atrium

**9:00** Welcome

**9:30** Keynote Speaker: Shahina Siddiqui

**10:30** Break

**10:45** Morning Workshop Sessions

**12:00** Lunch

**1:00** Afternoon Workshops

**2:15** Break

**2:30** Performance by Spect-ACT-ular Seniors Theatre Group

**3:15** Thanks and Closing Remarks

## WORKSHOP CHOICES

### MORNING 10: 45 – 12:00

- RED:** Energy from the Cosmos: Qigong  
**Katherine Kimbell**
- BLUE:** Supporting those who Support: Practical Wisdom and Guidance for all caregivers  
**Rev. Dr. Anne Simmonds**
- BLACK:** Winter Grace: From Ageism to Elderhood  
**Jane Dawson**
- GREEN:** Standing on Holy Ground - Dimensions and Dynamics of Spirituality, Religious Tradition(s) and Dementia  
**Jim Johnson**
- BROWN:** Une approche relationnelle qui invite et fait place au spirituel  
**Marquis Bureau**
- ORANGE:** Life-Sustaining Narratives  
**Patricia Marsden-Dole**

### AFTERNOON 1:00 – 2:15

- RED:** Energy from the Cosmos: Qigong  
**Katherine Kimbell**
- BLUE:** Supporting those who Support: Practical Wisdom and Guidance for all caregivers  
**Rev. Dr. Anne Simmonds**
- BLACK:** Winter Grace: From Ageism to Elderhood  
**Jane Dawson**
- GREEN:** Standing on Holy Ground - Dimensions and Dynamics of Spirituality, Religious Tradition(s) and Dementia  
**Jim Johnson**
- BROWN:** Whole Person Process Facilitation  
**Marquis Bureau**
- ORANGE:** Vieillir, quel beau défi  
**Marielle Fecteau**

## REGISTRATION FORM

**Limited Spaces Available--Advanced Registration required, by noon, Feb. 17, 2012**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Province: \_\_\_\_\_

Organization: \_\_\_\_\_

### Workshop choices – Indicate colour choice

1<sup>st</sup> choice for morning: \_\_\_\_\_

2<sup>nd</sup> choice for morning: \_\_\_\_\_

1<sup>st</sup> choice for afternoon: \_\_\_\_\_

2<sup>nd</sup> choice for afternoon: \_\_\_\_\_

### ADVANCED PARKING REGISTRATION REQUIRED – included in cost

License plate number: \_\_\_\_\_

Province: \_\_\_\_\_

### Enclosed is a cheque or money order for:

\_\_\_\_\_ \$25 for senior/caregiver/student  
(student ID required)

\_\_\_\_\_ \$60 for others

\_\_\_\_\_ I want to sponsor a senior! Enclosed is an additional \$25 to pay for a senior in need!

\_\_\_\_\_ I want to donate! Enclosed is \_\_\_\_\_ toward the conference costs.

### **Send completed form with payment to:**

The Council on Aging of Ottawa  
101 - 1247 Kilborn Place  
Ottawa, K1H 6K9



\*\*Non Official Receipts will be issued at the Conference\*\*