



# N2 Winter Conference Presenters Saturday, February 8<sup>th</sup> Windsor Legion



**Cindy  
Harvey**

**Cindy Harvey** has been a member of the Kingston Lion's Club for just over 3 years. Cindy spent most of her career working as a counselor, and later as a Clinical Therapist, for Nova Scotia Health. Her work was in the Addictions field, providing both group and individual counselling to those affected by addictions.

## **Conflict Resolution - Effective & Respectful Communication**

She has been invited to speak about conflict resolution and the importance of effective and respectful communication. I would encourage all participants to bring an open mind about our individual roles in improving communication within our organization.

## **Bernie's Buddies**

**Bernie's Buddies** helps kids and youth to live more fully after a death loss. Bernie's Buddies' purpose is to reduce the isolation that a death loss often brings through building community around our grieving children. Workshops offers grieving children the opportunity to experience a therapy dog visit, yoga movement with relaxation skills, and a creative activity to encourage conversation and sharing with others who are also experiencing a death loss.



**Bernie's  
Buddies**

## *Afternoon Session*



**Heather  
Killen**

**Heather Killen** is the Program and Communications Coordinator for Volunteer Nova Scotia and Kings Volunteer Resource Centre. She has volunteered and worked in the nonprofit sector for most of her professional life. As a former reporter and editor for various newspapers and magazines, she recognizes that volunteers are the changemakers of our world.

## **Ride the new wave of Volunteer Recruitment**

Understanding how volunteers of today are different from the ones who stepped up in past years is key to recruiting the new generations. A look at today's volunteers and strategies for how to attract and retain them.

## **Guide Dog Presentation**

Charlene (Char) and Hallie - Guide Dog Presentation on how having a Hearing guide dog has been life changing for Charlene and the difference it has made in her everyday life.



**Charlene**

