



safe communities
northumberland county

Bridging the Gap Series Presents:

COMMUNITY CONNECTIONS EXPO 2018

INSPIRING YOUTH
CONNECTING FAMILIES

October 17, 2018
Northumberland Mall, Cobourg

Youth Program
9:30 am – 2:00 pm

Scheduled Presenters

Cheryl Pounder

It's *always* about the journey. That's the message women's hockey champion Cheryl Pounder seeks to instill in every audience she speaks to. Believing that learning from our successes, as well as our failures, is the key to staying on the path toward excellence, Cheryl shows audiences that true achievement is found on the way to winning gold. Cheryl played on six of Canada's World Championship Hockey Teams, where she was named an All-Star Defense-man in 2005. She was also voted the Top Defense-man at the 2002, 2004, 2005 and 2007 Canadian National Hockey Championships. Her greatest career accomplishments are her two Olympic gold medals from the Salt Lake City and Torino Olympic Games.

Currently, Cheryl appears on TSN as a colour commentary analyst, having broadcast at both the 2015 World Championships and 2014 Olympic Winter Games. She is also a current board member for the Canadian Women's Hockey League, the premier professionally-run women's hockey league in the world.

As a speaker, Cheryl's audiences have included Tim Hortons, CIBC, RBC, TD, Scotia Bank, Investors Group, Dairy Farmers, Alcatel, TransUnion, Schneider's, Proctor and Gamble, Ontario Dentists Association, OPP, Toronto District School Board, and the City of Toronto, to name a few.

As a mother of two young daughters, Cheryl recognizes the importance of engaging youth. She is an ambassador with Fitspirit, a non-profit organization that encourages young females to get active, make healthy choices, and engage in their lives.

Cheryl spoke at Expo 2016 and received extremely favorable reviews and comments by attendees.

Ross Szabo

Talking about emotions can be a challenge, but Ross's brutally honest, relatable and humorous approach puts audiences at ease as they confront a difficult topic.

When Ross was a freshman in college, everything on the surface seemed to be fine. He was making friends, getting good grades and had a fun social life. However, no one could have imagined how many emotions he was suppressing. Ross was diagnosed with bipolar disorder at age 16, was hospitalized for attempting to take his own life during his senior year of high school, and like so many other freshman, just wanted to fit in. He tried to hide what he was feeling to convince everyone that everything was ok, but that can only last for so long. Ross's story resonates with the millions of college students who are putting on a happy face to hide their true emotions.



Ross uses tasteful humor and insights to help participants understand common mental health conditions and individual differences. He also covers warning signs that students can look for in their friends and peers, as well as resources that can provide guidance in these sensitive situations.

Ross is now the CEO of the Human Power Project. He is an award-winning mental health speaker, writer, trainer and Returned Peace Corps Volunteer. Ross has spoken to more than 1 million students about the importance of mental health and provided a positive example to empower them to seek help. He received the 2010 Didi Hirsch Removing the Stigma Leadership Award, 2012 Changing Minds Award and had his advocacy work entered into the Congressional Record. He is the co-author of *Behind Happy Faces; Taking Charge of Your Mental Health* and a blogger for The Huffington Post.

"You could have heard a pin drop. He made a lasting impression. Students are saying this was the most informative, motivational, helpful, and life-altering speaker they have ever heard" - Donnie Todd Counselor & Human Development Chair, Brentwood School



Covenant House Toronto & Local Police Services Keeping Youth Safe

As Canada's largest agency serving at-risk, homeless and trafficked youth, Covenant House Toronto changes lives by providing the widest range of services and support to as many as 250 youth a day. A national leader, we educate and advocate for change by influencing public policy and delivering prevention and awareness programs.

Reality Check (Suitable for students Grades 6 –12)

Deglamourizes street life and discusses the struggle homeless youth face – how they're driven to steal, sell drugs or worse, targeted by predators and often trading their dignity to survive. Students also participate in an activity that highlights the hardship young people face while trying to live independently, without family support, education or a career.

Includes a video featuring Covenant House youth describing the challenges they faced on the street and what they've done to overcome them.

Students are encouraged to be future leaders, to volunteer in their communities, to give back and pay it forward. We also provide local resources where youth can get help or get involved.

"Dynamic, culturally-sensitive, genuine, charismatic and fact-based. The best and most informative presentation I have seen yet. Every school in the GTA should see this presentation." – Child & Youth Worker, Monsignor Fraser CSS, Toronto

Additional Expo Highlights:

- **Career Showcase** of professionals working in various careers such as skilled trades, emergency services, real estate, finance and many more will speak to students about their jobs and their school/training path.
- **Outdoor displays and activities** related to emergency response and agriculture.
- **Community service booths** displaying programs and services for youth.
- **A quiet room** throughout the day staffed by Community Mental Health and Victim Services.
- **Passport program** for students to keep track of activities.
- **Free pizza lunch and refreshments.**