
2019 FALL RECREATION GATHERING

BEHIND THE SCENES IN COMMUNITY RECREATION

An active and engaging gathering focused on good practices in recreation operations



OCTOBER 15-17, 2019
INN ON THE LAKE
LOT 76 MCCLINTOCK PLACE
MARSH LAKE



Recreation Leaders from rural communities and/ or working with rural communities are invited to join us

Tuesday October 15

Nordic Walking Leader Training

Becoming Familiar with Recreation North's Online Learning Space

Opening Session: Reconnecting with Recreation Leaders

Keynote Address by Russ Sheppard

Yukon Recreation Awards

Recreation Rollicks featuring: The Grizzlies movie

Wednesday October 16

Developing Yukon's Youth Recreation Leaders

Community Recreation and Cannabis

Get Moving with Physical Literacy

Privacy and Participation

What's Your Recreation? With Lotteries Yukon

Using Social Media to Achieve Your Program Goals

Recreation Rollicks: Get Moving with Bhangra

Thursday October 17

Psychological First Aid

Registration packages will be available early September
A current RPAY membership is required for this event



RECREATION AND PARKS ASSOCIATION OF THE YUKON
170 Titanium Way, Suite 201-C, Whitehorse, Yukon Y1A 0G1
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PSYCHOLOGICAL FIRST AID

A resiliency-building approach to emotional, psychological, and social wellbeing

First aid for the mind is just as important as first aid for the body. Individuals suffering from high stress levels, burnout and suicidal thoughts are at an all-time high in areas such as workplaces, schools, indigenous communities and among professional responders.

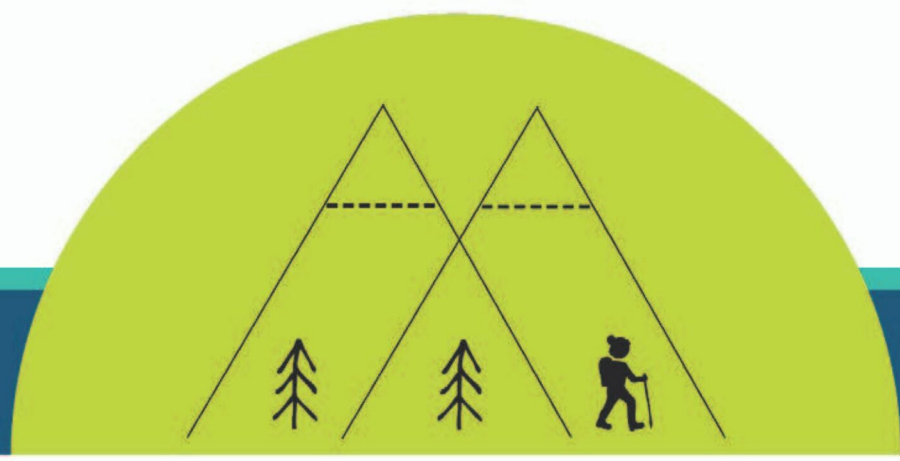
Psychological First Aid is a resiliency-building wellness program that equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief.

- Uses audience-specific case-based learning that focuses on self-care and personal protection
- Incorporates the latest evidence-based research on emotional, psychological, and social well-being
- Supports and complements workplace wellness education programs
- Online, in-class and blended delivery course options available

Who should take this training?

Psychological First Aid is for everyone. We all have strengths and abilities to cope with life's ups and downs, however, everyone can be vulnerable under stress or in a crisis situation. Training in Psychological First Aid helps to reduce stigma associated with mental health crises and can reduce negative health outcomes for individuals by promoting positive conversations about wellness. With emphasis on establishing a connection with people in a compassionate non-judgmental manner, the training also helps to foster a positive work environment and culture of care in the workplace.

What makes Psychological First Aid different from Mental Health First Aid? The broad preventative focus of the program. Mental Health First Aid focuses on primarily educating professional responders on the signs, symptoms, and care for various types of mental health issues. Psychological First Aid offers a daily aid to dealing with the stresses of life for individuals within a broad spectrum of communities.



RPAY Recognition Award

~ Nomination Form ~

Nominator Information

Name:

Address and Postal Code:

Phone Number:

E-mail:

Nominee Information (Individual or Group being nominated)

I nominate the following individual or group to be recognized for supporting RPAY's mission which is to "strengthen the capacity of Yukon communities to engage their citizens in active, healthy lifestyles through recreation and parks."

Name:

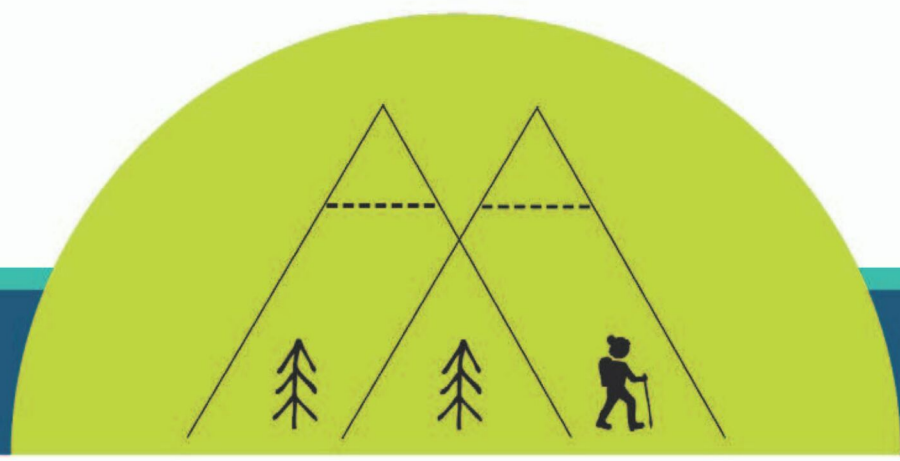
Address and Postal Code:

Phone Number:

E-mail:

Reason for Nomination

Please provide a brief description of why your nominee deserves the award.



Suite 201-C, 170 Titanium Way, Whitehorse, Yukon Y1A 0G1

RPAY  RECREATION + PARKS ASSOCIATION OF THE YUKON

Presentation of the Award

The RPAY Board of Directors review nominations and selects an individual or group to receive the award.

The Recognition Award is presented at the Annual Recreation Gathering each Fall.

Submit Nominations by September 15 to:

Recreation and Parks Association of the Yukon

Unit 201-C 170 Titanium Way, Whitehorse, Yukon Y1A 0G1

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