

WESTIN HARBOUR CASTLE, TORONTO | JUNE 6-8, 2019

# Canadian Women in Medicine



## FRIDAY, JUNE 7<sup>TH</sup>

- 7:45 - 8:30: BREAKFAST & REGISTRATION
- 8:30 - 9:30: **Eat & Feed With Joy Through All Ages & Stages**  
*Ellyn Satter – Registered Dietitian & Family Therapist, The Ellyn Satter Institute*
- 9:30 – 10:15: **Power Presence: Exuding Confidence, Strength and Relatability**  
*Mila Naimark – Clockwork Talk*
- 10:15 - 10:45: BREAK & BEFRIEND
- 10:45 – 11:45: **Waiting to be Found Out: Beating the Imposter Syndrome**  
*Dr. Mamta Gautam – Psychiatrist, PEAK MD*
- 11:45 – 12:30: **The Elana Fric Memorial Lecture - Jordan's Principle: Ending Inequalities in First Nations Children's Services**  
*Dr. Cindy Blackstock – Executive Director, First Nations Child & Family Caring Society of Canada*
- 12:30 – 1:45: MID-DAY REFUEL
- 1:45 – 2:30: **Laugh it Off: Relieving Work-Related Stress with Humour**  
*Judy Croon – Comedian & Motivational Speaker*
- 2:30 – 3:00: **Shake It Off – Sharing our Life Hacks & Hiccups**
- 3:00 – 3:30: SNACK & SAUNTER
- 3:30 – 4:30: **Advocate, Don't Abdicate: Combat Online Bull\*hit & Promote Your Message On Social Media**  
*Dr. Jennifer Gunter – Obstetrician & Gynecologist, Always yielding the Lasso of Truth*
- 7 pm until ??: **Best & Brightest Social Event at Arcadian Court**

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## SATURDAY, JUNE 8<sup>TH</sup>

- 8:00 – 8:30: BREAKFAST & REGISTRATION
- 8:30 – 9:30: **Self-Compassion in Action: Interactive Yoga Session**  
*Dr. Shailla Vaidya – Physician & Yoga Therapist*
- 9:30 - 10:45: **How Am I Supposed to Want Sex When What I Really Need in 10 Naps??**  
*Dr. Emily Nagoski – Bestselling Author of “Come As You Are”*
- 10:45 – 11:15: NOSH & SHOP
- 11:15 – 12:00: **Breaking the Good Mom Myth: Overcoming Mommy Guilt**  
*Alyson Schafer – Parenting Expert & Author of “Honey, I Wrecked the Kids” and “Breaking the Good Mom Myth”*
- 12:00 – 12:30: **CWIM Organization Update, CWIM Awards Presentation & 2020 Conference Launch**
- 12:30 – 1:30: DINE & DISCOVER
- 1:30 – 2:45: **Keeping Kids Cyber-Savvy, Civil and Safe**  
*Barbara Coloroso – International Bestselling Author of “Kids Are Worth It”, “Cyberbullying: The Bully, the Bullied & the Not-So-Innocent Bystander”*
- 2:45 – 3:30: **Medicine & Sexual Harassment: Mastering Cultural Change**  
*Sara Luther – Human Rights Lawyer, Facilitator & Educator*
- 3:30 – 3:45: Closing Remarks
- 3:45 – 4:15 **BUBBLES & BYE-BYES**  
*Join us for a farewell activity and a send-off toast!*

