



QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS

2024 Fall Conference Registration Form Saturday, November 16th

Please fill in a separate registration form for each person attending.

We are very pleased to announce the QFHSA Fall Conference event this year! It will be held at:

Hillcrest Academy, [265 Rue Bladen, Laval, QC H7W 4J8](#)

School/Organization: _____

Name: _____

Email Address: _____

Cell Number: _____

If you're travelling from an outlying region, will you require accommodation? We will contact you to arrange accommodations. **some restrictions apply (circle one)* **Y / N**

Planned Itinerary:

- **8:00 am** **Registration**
- **8:30 - 9:00 am** **Vendor Visits / Greetings**
- **9:00 - 9:45 am** **Roundtables**
- **9:45 - 10:00 am** **Snacks / Vendors Visits**
- **10:00 - 11:00 pm** **Workshop 1**
- **11:00 - 11:15 am** **Quick break**
- **11:15 - 12:15 pm** **Workshop 2**
- **12:15 - 1:30 pm** **Lunch, Speaker, Vendors, Prizes**

COST

There is a cost of \$25 for you to attend the conference. If your Home and School is paying for you to attend, please have them send an etransfer to: info@qfhsa.org, using the password: **qfhsa** or a cheque to our office. You can also pay at the registration table as you arrive (please register beforehand). Thank you!



WORKSHOPS

This year there will be 2 workshops offered back-to-back. This year's theme of **Screen-Time and Well-Being** will be discussed by two experts.

Our first presenter, **Neha Shukla** from Épique Programs and Training, Inc., has spent much of her career supporting at-risk youth in the most northern part of Quebec, Nunavik.

Our second workshop will be given by **Taylor D'Souza**, an occupational therapist from Thérapie Kiddo Active Therapy who will speak on the effects of screen-time and how it can impact physical development in early years, 'burn-out', as well as advice on how to set limits.

Please RSVP by November 4th, 2024

LUNCH OPTIONS

Our delicious boxed lunches will be prepared by Les Trois Soeurs Catering. Please select from the following options:

- Roast Beef and Roasted Red Pepper on Baguette with Side Salad
- Crispy BBQ Chicken Wrap with Basil Aioli with Side Salad
- Turkey, Brie, Avocado Wrap with Side Salad
- Vegetarian Thai Chi Salad

Food Allergies - If you have food allergies, please list them below:

*** Please feel free to forward this form to a friend. All are welcome! ***
Send completed registration form to: info@qfhsa.org