

Time Slot	Capacity		Title	Description	Presenter	Outdoor	Unit	PD	Training
A: 9:00AM - 10:15AM									
A 1	25		The Girl Program	This is an overview of the Girls First Program, badge guidelines, and navigating the platform. In this session you will learn how to get started with Girls First. This session is the first step in the New Guider Learning Path.	Beth				
A 2	25		Girls First 2.0	Are you using Girls First but still trying to find your way around the platform? Looking for tips and tricks to make it work better for you? Or maybe your head is spinning trying to sort out where to fit your activities into Girls First, or trying to find the best way to plan your year to make sure you get the program done? This session is for you! Join us for a mix of Q&A, demos, and sharing to help answer your questions about Girls First. Feel free to bring a laptop or device if you'd like.	Alana				
A 3	25		Women Who Hunt	What used to be inherent skills, passed down from parent and grandparent, are now diminishing as family dynamics have changed. The relationship between what is fundamentally required for our survival and where it comes from is being replaced by convenience and drive through. Adapting a more self-sustaining lifestyle is a healthier way to live. To learn more, join us at this session.					
A 4	25		Girl Protection	It is estimated that 32% of the population of Canada has suffered some form of child abuse. This statistic means that there is a chance as a Guider, you may encounter a girl who comes to you for help. The topics discussed in this session will include different types of abuse, tips on how to handle the situation when a girl discloses abuse to you, and the Guiding procedures in place to support you and the child. It is our sincere hope that you never need this information but if you do, you need to 'Be Prepared'.	Janice				
A 5	25		Hands on Science	Ready to make a mess? Join me in doing some fun, simple, science activities you can do with your unit. Recipes and handouts will be provided.	Catherine				
A 6	25		Shared Leadership	With the help of Training you can learn to be a good leader, with the help of others you can become a great leader! Share the work, share the fun; that's Guiding.	Joan				
A 7	25		Effective Communication	This session is intended to help you build your communication skills and use these skills to work more efficiently with other people.	Nicole				

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A 8	15		Geocaching 101	Looking to add a new element to your unit hikes? Have you heard of Geocaching? It's a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. Come and find out more about incorporating this fun activity into your unit program. Some GPS units will be available, but if you have one, please bring it.	Shelley				
A 9	25		Fundraising 101	Planning a trip? A year-end outing? Or need new camping equipment? Come and learn the ins and outs of fundraising while following the Fundraising Guidelines and Procedures.	Julia Parr				
A 10	10		Knots with a Purpose	What knots do I use for flag raising? What knots do I use for bed rolls? Learn and practice these knots and learn how to introduce them to your girls.	Cheryl F				
A 11	30		Science for Practicing Safe Pyromania	Participants learn the chemistry/physics of fire. This is very basic – to the extent needed to explain to the girls why a fire may not be catching, the merits of the different fire geometries or why marshmallows are good fire starters. Participants apply what they learn by building individual edible campfires (gluten free option available).	Mae				
B: 10:45AM - 12PM									
B 1	25		All About the Branch - Sparks	Developmental characteristics, Guiding traditions, behaviour management, girl engagement strategies.	Beth				
B 2	25		All About the Branch - Brownies	Developmental characteristics, Guiding traditions, behaviour management, girl engagement strategies.	Claudia				
B 3	25		All About the Branch - Guides	Developmental characteristics, Guiding traditions, behaviour management, girl engagement strategies.	Mary Louise				
B 4	25		All About the Branch - Pathfinders	Developmental characteristics, Guiding traditions, behaviour management, girl engagement strategies.	Jennifer				
B 5	25		All About the Branch - Rangers	Developmental characteristics, Guiding traditions, behaviour management, girl engagement strategies.	Darlene				

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B 6	25		Duke of Edinburgh	The Duke of Edinburgh's International Award is a non-competitive, internationally recognized program designed to encourage young people to develop positive skills and lifestyle habits. The Award is about personal challenge and development and is adaptable according to each participant's interests and abilities. This session will give you an overview of the program and how to get involved.					
B 7	10		Trailquest Kentville: Dr. Plasma's Time Machine	A new scavenger hunt game in the Annapolis Valley. Follow the adventure in your code book to solve the clues and crack the mystery. Please note, these are walking tours and may take 1-2 hours to complete.					
B 8	25		Musical Activities for the 'Musically Challenged'	Opera singers need not apply! Would you love to have musical fun with your girls but don't think you can sing well enough? Well, that is not a problem. This session will have you singing, playing games with music and having loads of fun. You will leave this session with lots of ideas to take back to your unit or district. The songs and activities are suited to all branch levels and the girls will love them!	Elizabeth & Gail				
B 9	25		Time Management	This session is intended to help you gain the skills and knowledge to effectively manage the time you spend Guiding and to use these skills to make your work within Guiding more enjoyable.	Holly				
B 10	15		Geocaching 101	Looking to add a new element to your unit hikes? Have you heard of Geocaching? It's a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. Come and find out more about incorporating this fun activity into your unit program. Some GPS units will be available, but if you have one, please bring it.	Shelley				
B 11	25		Managing Challenging Behaviour	Do you have a girl in your unit who bullies other girls? Do you have a girl who repeatedly disrupts your meetings? GGC has resources to help you determine the steps in working to resolve these challenges. The session will use case studies to explore the resources. There are two wonderful presenters that will offer different perspectives on this sensitive material.	Natasha & Kathy M				

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B 12	25		Engineering a Space Habitat	The session starts with a discussion on what humans need to survive on Earth and then extending that to survival in space. Working in engineering teams (patrols), the participants will build a model space habitat around a 4-man tent. Their model habitat must meet the challenges of living on the Moon or Mars. Each patrol will address 2-3 survival requirements for the common habitat. The Girl Guide tenting camp experience provides a familiar context to start with towards the habitat requirements, design and operation for human survival and ability to work well in a small space. Materials will be provided.	Mae				
AB: 9:00AM - 12:00PM									
AB 1	25	Double Session	Food Handling		Debbie				
AB 2	20	Double Session	Acadia Botanical Garden Tour	A six-acre Botanical Garden on the campus of Acadia University dedicated to showcasing the native flora of the Acadian Forest Region. Dress appropriately for the weather					
AB 3	10	Double Session	Trailquest Acadia U: Hunt for Hidden Gold	A new scavenger hunt game in the Annapolis Valley. Follow the adventure in your code book to solve the clues and crack the mystery. Please note, these are walking tours and may take 1-2 hours to complete.					
AB 4	10	Double Session	Trailquest Wolfville	Find the Acadian buried treasure! A new scavenger hunt game in the Annapolis Valley. Follow the adventure in your code book to solve the clues and crack the mystery. Please note, these are walking tours and may take 1-2 hours to complete.					
C: 1:30PM - 2:45PM									
C 1	25		Building Unit Guider Skills	Here, Guiders will learn how to be catalysts and develop girl driven strategies for planning and decision making. Guiders will learn how to construct effective unit meetings using a girl-driven approach and girl engagement strategies. This is the next step on the New Guider Learning Path.	Shelley				
C 2	50		ASL and Guiding	American Sign Language (ASL) is a beautiful, expressive language used by many. Come and learn a few songs in ASL and some Guiding-related signs to share with your girls or just for fun.	Beth				

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C 3	25		Sing a Song and Play Along	Do you find yourself always searching for fun games and songs for your unit? Look no further. Join us for a song and game session for all ages. Have fun while gaining valuable resources to use in your unit.	Charlotte				
C 4	25		Camping 101	Want to take your girls camping, but don't know where to start. Learn the 5 W's of camping, Who, What, When, Where, Why.	Cheryl F				
C 5	25		Quatermastering	More than just s'mores and ants on a log—everything you need to know to successfully navigate food sensitivities, allergies, special diets and lifestyle diets.	Darlene				
C 6	15		Beginner Compass	Do you know where you are going or where you came from? Guiders will receive instruction on using a compass in a number of activities, using various methods, from which they can share their experience with the girls. Some compasses will be available, if you have one, please bring it.	Caroline				
C 7	25		Duke of Edinburgh	The Duke of Edinburgh's International Award is a non-competitive, internationally recognized program designed to encourage young people to develop positive skills and lifestyle habits. The Award is about personal challenge and development and is adaptable according to each participant's interests and abilities. This session will give you an overview of the program and how to get involved.					
C 8	25		Campfires for All	Some of our best memories in Girl Guides are formed around a campfire. The warm glow of the fire, the songs and the laughs stay with us forever. Come and join us as we not only learn the classic and new songs and activities, but also to learn about the importance of a properly structured and well-planned campfire. Not only will Elizabeth and Leslie teach you songs and fun ideas, but you will go away with a blueprint for a campfire you can use at any meeting or event. This session is for all branches and Guiders of all experiences.	Elizabeth & Leslie				
C 9	25		Unified Banking	Do you have questions about the new Unified Banking system and how it will affect your unit? This session is for you.	Holly				
C 10	25		Conflict Management	This session is intended to help you develop a personal understanding of conflict: causes, symptoms and solutions and to give you the skills to effectively manage conflict whenever and wherever it arises.	Mary Louise				

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C 11	25		Quest Teams & Projects: Tips and Tricks	Join us in a conversation on attending Quest with a team and running a project. This session will explore techniques you can use to build and develop projects. Unit guiders that bring teams will have the opportunity to learn how to manage a team while running a project.	Brenda				
C 12	25		Service Projects for Pathfinders & Rangers	Interested in taking your service projects up a notch? Want to be more creative and help your unit connect with their community but not sure where to start? Come and brainstorm how to take the things your unit likes to do, and spin them into a service project.	Alana				
D: 3:15PM - 4:30PM									
D 1	25		Debunking Red Level Myths in the Outdoors	Girls love the outdoors – does the idea of doing any red level Safe Guide activity make you nervous? This session will look at activities to do with your units and how it all fits together with skills, and knowledge you currently have. Do your girls ask to do more than just established camps? Are you interested in exploring OAL options after Residential and Tenting? What are the possibilities? Does the idea of a red activity and camping feel like too much? This session explores camping and outdoor activity options beyond yellow level camping. This is NOT a Safe Guide session; however, we will reference when looking at various activities and overnight events.	Brenda				
D 2	25		Getting Outside the Meeting Hall	Small spaces? Active girls? Enhancing program? There are many reasons to take your group outside the meeting hall. Knowing how to find the right places and set the right ground rules is crucial for success while out in the community. This session will give you new ideas and increase your confidence in taking girls of any age group out and about.	Annastasia				
D 3	25		Gender Identities	There's a lot more to being male, female, or any gender than the sex assigned at birth. Your biological or assigned sex does not always tell your complete story. This session will explore the differences between sexual orientation, sex, and gender.					

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D 4	25		Hat Crafts	Hat crafts. Traders. Swaps. You can call them whatever you want! At this session, you will have the opportunity to learn about hat crafts, make some hat crafts, see lots of samples and maybe do a little swapping. Hat crafts will be suitable for a variety of ages, and we will talk about how to adjust to accommodate skill levels, so this is suitable for all branches!	Alana				
D 5	20		Games with a Purpose	Sometimes games are played just for fun and sometimes they can be used to teach. Make the learning fun by using games!	Joan				
D 6	25		Exploring the Sisterhood	Building connections and community with girls and women in Guiding. Participants will explore the critical role of sisterhood in the Guiding experience for both girls and women in a safe, inclusive, and trusting environment. Participants will be invited to share what sisterhood means to them and tell about their personal experiences. We will also explore tangible strategies and approaches for building sisterhood within Guiding. Participants will also be encouraged to reflect on their own behaviour to consider how they can personally contribute to building sisterhood within Girl Guides of Canada.	National Team				
D 7	25		What's Next after Rangers	Confused about what's next? Explore the different opportunities after rangers and learn how to effectively manage your post-secondary studies and continue in Guiding. Learn about the options you have as a TMBR. Aimed at Rangers and their Guiders.	Sarah, Roxanne				
D 8	25		Creative Ceremonies for Everyone	Thinking Day, enrollment, bridging, advancement! Sometimes the thought of these events can be a little daunting for Guiders. Do you want some great ideas to help you and the girls plan these events? Using music, art, dance and drama learn new ways of doing Traditional Ceremonies. Show your girls the true spirit of guiding and create lasting memories. Great for all branch levels.	Charlotte				
D 9	25		Building Strong Teams	This module will help you to understand what a team is and how it works. Building Strong Teams will teach you skills you can use to improve the teams you lead or are a member of. We will look at how a team leader leads, focusing on developing, preparation, and facilitating skills that can help you to make you a strong leader.	Sylvia				

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D 10	25		Self-Care is NOT Selfish	Do you struggle with self-care? You already know you can't be there for others and be at your best if you are not filling your own cup. Let's learn about techniques to improve your self-care practice and help to dispel the myth of self-care being indulgent. How to squeeze it in for over achievers, how to get over the guilt for the people pleasers and figure out what self-care looks like for you.	Joy				
D 11	10		Knots with a Purpose	What knots do we use for flag raising? What knots do we use for bed rolls? Learn and practice these knots and learn how to introduce them to your girls.	Cheryl F				
D 12	25		Beyond the Unit Guider	The Unit Guider is a vital role in our organization but if you find yourself looking for a new challenge or your circumstances have changed, and your available time is not conducive to be a Unit Guider then this may be the session to start exploring other options. There are positions/tasks in Guiding for a variety of skills, time available and interests. Come and see what might interest you.	Janice				
D 13	25		Arts and More	The perfect session for Guiders who want fun arts themed activities to do with their unit. Come sing, dance, act, and craft with long time arts enthusiast Barbara Kent aka Watermelon!	Barb				
CD: 1:30PM - 4:30PM									
CD 1	25	Double Session	Safe Guide	Provides Unit Guiders with an understanding of the importance of the Safe Guide document and its related policies and procedures. It's an overview of risk factors and risk levels, an understanding of the basic concepts of risk management and a process for assessing the risks of specific Guiding activities. Safe Guide is a mandatory training for all Guiders. It must be completed within 6 months of a new Guider's join date.	Gail				
CD 2	50	Double Session	Axe Throwing Out Trip	At HaliMac, we throw axes in the typical Urban Axe style that has become a worldwide phenomenon. We're the perfect place for anyone and everyone to explore and experience axe throwing. Please wear closed-toe shoes and limit loose fitting clothing.					