

Lunch - Choose either a salad or sandwich from little Mushroom Catering. *All registrations received after Sept 30th will be assigned a Chicken Caesar Salad due to catering prebooking requirements.*

Join us October 20 & 21, 2023 for the

Parkwood Gardens Women's Fall Conference



Salads



Arugula Salad (V, GF)

with Root Vegetables, Chevre & Vinaigrette

Chicken Caesar Salad (GF)

with Parmesan, Bacon & Creamy Garlic Dressing

Sandwiches & Wraps

Roast Beef & Aged Cheddar Sandwich

with Veggie Sticks & Ranch Dip, Piece of Fruit

Ham & Cheddar Sandwich

with Veggie Sticks & Ranch Dip, Piece of fruit

Turkey & Brie Sandwich

with Veggie Sticks & Ranch Dip, Piece of Fruit

Masala Hummus Wrap (V*)

with Veggie Sticks & Hummus, Piece of Fruit

Egg Salad Wrap (V, LF)

with Veggie Sticks & Ranch Dip, Piece of Fruit

V: Vegetarian V*: Vegan GF: Gluten-free

May he give you the desire of your heart and make all your plans succeed. Psalm 20:4

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will. Romans 12:2

Register at www.parkwoodgardens.ca

Cost: \$70 - Register prior to Sept 30th to have full selection of lunch menu and workshops

Coffee, tea, snacks and desserts are provided throughout the day!

Keynote Speaker: Beth Harris

Beth Harris grew up in Michigan where she met a handsome Canadian hockey player who married her and brought her to Canada in 1983. Beth, Doug and their three children moved to Guelph in 1997 and made Parkwood Gardens Church their home. Beth started her career in Communications and Sales. At her grandmother's 100th birthday party she realized she had a lot more life to live and went back to school for a second degree in Social Services. She worked at Family and Children's Services and finished her career as the Executive Director of Michael House. Currently, Beth stays busy during her retirement with her part time position at Mission Thrift Store. Through her experiences with personal illness, the illness & passing of her husband and just life in general, Beth will share about what it means to lean into everything the Lord has for us.



Friday 6:00pm - 8:30pm

6:00pm – Registration & Welcome Bag pick up

6:30pm - Worship & Praise

7:15pm - Keynote Speaker Beth Harris

8:15pm – Closing

Saturday 9:00am - 4:30pm

9:00am – Coffee & Snack

9:30am - Worship & Praise

10:00am - Keynote Speaker Beth Harris

11:00am – Morning Workshop

12:15pm - Catered Lunch & Vendor Market

2:00pm - Afternoon Workshop

3:15pm - Snack & Fellowship

3:30pm - Worship & Praise

4:00pm – Closing

Workshops

Morning Workshop Options, Choose 1:

A. Butterfly Painting Workshop - Learn to paint a lovely butterfly led by skilled instructors from Artshine Inc. www.artshine.ca



B. Live Edge Scripture Workshop - Join artisan Kelley Merritt as she leads the creation of this live edge wall hanging of Psalm 20:4 – Max 30



C. First Aid for Choking & CPR Refresher Workshop - Join First Aid Instructor and former Paramedic Ricki Bristow as we review life saving maneuvers for choking emergencies in adults, children and infants. We will review basic CPR and Narcan use too, if time permits. This is a workshop for personal information, not a certifying class. www.gsfirstaid.ca Max 18



Afternoon Workshop Options, Choose 1:

A. Winter Gardening Workshop - Studies show that a connection to nature is so important for our mental health, mood, stress levels, cognitive function, immune health, and so much more. This hands-on session will explore how we can maintain our connection through winter, in ways that feel manageable. - Heidi Torreiter, Horticultural Therapist MES, HTR. www.enablinggarden.org Max 25



B. Mental Health, Trauma and Faith Workshop Join Fran Westwood, a Registered Psychotherapist -Q, who holds a Master of Divinity from Tyndale in Clinical Counselling, as she discusses how to recognize and process the suffering in our lives, while making space for growth and healing. gjcounselling.ca/staff/fran-westwood/

