



Manitoba Association of Secondary Teachers of At-Risk Students
**Fighting Winged Monkeys:
 Staying Focused on *Your Purpose***
 Rossmere Country Club, 925 Watt St.

M.A.S.T.A.R.S. SAGE Conference 2013 Proudly Presents for the FIRST time in Canada, *Fighting Winged Monkeys: Staying Focused on Your Purpose*, a day with Marc Fomby—founding CEO of FTC Prevention Services.

Marc Fomby is a Certified Prevention Specialist and the founding CEO of FTC Prevention Services, LLC in Richland, MS. For over twenty years, Mr. Fomby has enthusiastically provided instruction and consulting services, community and strategic planning and program development to individuals; agencies; schools, colleges/universities; institutions; private, public, governmental and faith-based organizations throughout the United States and the Virgin Islands. Marc has also developed curriculum and programs for high-risk youth and families as well as instructional guidelines for behavioral health education and prevention. Mr. Fomby is a member of the Recovery School District of New Orleans, a national initiative committed to breaking the cycle of violence and providing support assistance to youth and the Metro Jackson Community Prevention Coalition, dedicated to youth life skills and peer education training.

He received his Bachelor's degree in business management from Belhaven University.

Morning Session 9:00 am–12:00 pm

Fighting Winged Monkeys: Staying Focused on *your purpose*

In this one-of-a-kind presentation, participants are introduced to the concept of battling the “winged monkeys” that swoop down upon them in an attempt to prevent them from effectively accomplishing their goals.

The facilitator assists the participants in taking a peek at their journey down the “yellow brick road” and demonstrates how to incorporate eight self-care practices that can help them fight off the “winged monkeys” in their lives. In this workshop, the facilitator will also demonstrate how participants also sometimes must help others to defend themselves

against the “winged monkeys.” During the journey down the “yellow brick road” participants will learn how to identify those individuals, what their role is in getting them back on track and how they can be effective in doing so by taking care of themselves first.

Lunch 12:00–1:00 pm

REGISTRATION

Sold out last year! Register early:
 Limited Seating!
 Full day conference registration, includes Continental Breakfast and Sit-Down Lunch!

Conference Fee
Includes MASTARS membership fee*.....\$90
Non-members.....\$100

***\$90 BEST VALUE!** (\$65 conference fee + the \$25 MASTARS membership fee = \$90. Remember: MASTARS members are eligible to nominate students for the Victor Thiessen Memorial Scholarship—this \$500 scholarship is offered yearly and is only available to students of MASTARS members. Members also receive our newsletter with exclusive information on upcoming SAGE sessions.)

No half day registrations accepted.
 No walk up registrations accepted.

Please mail completed registration form and full payment (please make cheques payable to MASTARS) to:
 Susan Tozer c/o
 Tec Voc High School
 1555 Wall Street
 Winnipeg MB, R3E 2S2
 Email: stozer@wsd1.org (no email/phone registrations accepted)
 Phone: 1-204-786-1401

Please note:
 Registrations will not be processed until payment and completed registration form is received. Register by Sept 30, to be eligible for the early bird prize of a \$25 registration rebate at the 2013 conference. Hurry! Space is limited and there are no walk up registrations accepted. We sell out every year!

Afternoon Session 1:00–3:00 pm

The Message in the Music—Understanding the Language of today’s music:

This informative, fun, interactive workshop will encourage professionals and youth to explore the influences of the music world. Media seek to use certain messages that will insight audiences, particularly youth, to purchase certain goods or support certain causes.

Today many of the messages contained

in the lyrical content of music and portrayed on the big screen communicate acceptance and glorification of crime, violence, drug and alcohol abuse, illicit sexual behavior and degradation. Participants, young and old, learn how to properly examine the lyrical content within various music genres such as, Hip Hop, Country-Western, Rock-n-Roll, Blues, Heavy Metal, Pop,R&B/Soul, Alternative and more as time permits.

In this workshop, participants are introduced to current trends in the youth culture that promote unhealthy lifestyles and have become “acceptable” in society. Participants are also exposed to

some of the cultural slang and terminology used by media to directly communicate with youth.

Media literacy and advocacy are promoted as a means of being proactive to protect and teach youth how to make healthy, positive lifestyle choices. This workshop seeks to inform and educate professionals and youth about the ills being presented to youth constantly through various media channels with a focus on music. But watch out—you just may get caught tapping your feet to the beat!