



Islam Care Centre

IOKDS
INTERNATIONAL ORDER OF
THE KING'S DAUGHTERS AND SONS



SOUTH-EAST OTTAWA
COMMUNITY HEALTH CENTRE
EVERY ONE MATTERS



CENTRE DE SANTÉ COMMUNAUTAIRE
DU SUD-EST D'OTTAWA
CHACQUE PERSONNE COMPTE

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa

FOR IMMEDIATE RELEASE

3rd Annual Conference on Spirituality and Aging, to be Held at Saint Paul University.
Conference theme is Caring for our Aging, exploring the role of spirituality and caring in our journey of aging, through a day of workshops.

Ottawa, Ontario --- Thursday, February 23, 2012 – The 3rd Annual Conference on Spirituality and Aging takes place on February 23, 2012 at Saint Paul University. The theme of this year's conference is **“Caring for our Aging”**. This day-long conference will provide a choice of workshops in English and in French facilitated by leaders in their fields. Participants will have the opportunity to explore the role of caring in the aging process: caring for ourselves, others and our community.

Shahina Siddiqui, the keynote speaker, is a counsellor and an interfaith advocate. She is the Executive Director of the Islamic Social Services Association (ISSA). Ms. Siddiqui has been working tirelessly in the areas of spirituality, interfaith dialogue, racism, gender, Islam and human rights for decades. She has pioneered work in Islamic spiritual counseling by developing training programs and manuals for Muslim professionals in the field of social services, health care and counseling.

This Interfaith Conference will provide a platform for presenters and participants to tell of their experiences and to gather insight into the role of spirituality and caring in the journey of aging. This is an opportunity to learn from seniors, providing them the space and opportunity to share and to reflect. The goal of this conference is to explore diverse perspectives while celebrating the process of aging. The conference is open to people of all cultures, faiths, abilities and ages. Older adults, caregivers, students, practitioners, researchers, policy-makers and the public at large are encouraged to attend.

The Conference will be held at Saint Paul University, 223 Main Street in Ottawa from 8:30 a.m. to 3:45 p.m. The registration fee is \$60 for the general public, or \$25 for seniors/caregivers/students. The cost includes the keynote speaker's address, a choice of two workshops, conference material, a performance by the Spect-ACT-ular Seniors Theatre Group, a vegetarian lunch, refreshments and parking. The bus route is # 5.

The conference is organized by the Interfaith Network Reaching Out To Isolated Seniors, the Council on Aging of Ottawa, and Saint Paul University Centre for Pastoral Formation and Spirituality. Additional support has been received from the Islam Care Centre, The International Order of King's Daughters and Sons, South-East Ottawa Community Health Centre, HelpAge Canada and the Ontario Multifaith Council.

Advanced registration is required by Friday, February 17 at noon and space is limited.

To register, send a cheque or money order, along with registration form, to:

The Council on Aging of Ottawa
101 - 1247 Kilborn Place
Ottawa, Ontario
K1H 6K9

Registration forms and more information are available at www.coaottawa.ca or contact Khadija Haffajee at 613-749-7138