

MBA 19 Symposium

Canada's Leading Conference for Managers and Staff of Youth Development Programs

Wednesday October 16 | Thursday October 17

Pre-Symposium Workshop: Tuesday October 15

Registration Deadline

October 9

Keener Registration Deadline

August 30 (Save up to \$120)

Early Bird Registration Deadline

September 25 (Save up to \$60)



From across Ontario
**MBA Planning
Committee**

Corina Artuso
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Algoma Public Health
(Sault Ste Marie)

Jason Cranny
Community Service Officer
Owen Sound Police Department
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Town of Whitby

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City of Hamilton

Wendy Legros
Health Promoter
Porcupine Health Unit
(Timmins)

Diane Wiber
Recreation Programmer
Town of Bracebridge

M B A

October 16 & 17, 2019

and Pre-Symposium Workshop: October 15

It's the **More and Better Approach** to working with youth!

Parks and Recreation Ontario (PRO) is pleased to present the MBA Symposium, which has been providing educational sessions and networking opportunities for over 16 years. If you work or volunteer in a community-based program for youth ages 13-19, this is an event not to be missed! It is the single most important and largest training event in Ontario for managers and staff of youth development programs.

The MBA Symposium is designed to engage, enlighten and empower staff of youth development programs in order to improve the quality of services provided to youth in communities.

Who Should Attend

Managers / Directors & Staff of Youth:

- Recreation Programs
- Health Promotional Programs
- Youth Advisory Groups
- Educational Programs
- Employment & Social Service Programs
- Justice Projects
- Culture Groups
- Sport Groups
- Art Programs

MBA 19 Overview

Pre-Symposium Workshop

(additional fees apply)

October 15

Registration: 8:30 am

Workshop: 9 am - 4 pm

MBA Symposium

October 16 & 17

Registration: 8:30 am (Oct 16)

Symposium: 9 am - 4:30 pm

For more information:

416-426-7142

pro@prontario.org

MBA 19 Location



Art Gallery of Hamilton
engageyourimagination

Art Gallery of Hamilton

123 King St W

Hamilton, ON L8P 4S8

Pre-Symposium Location

The Space Youth Centre

24 Main Street West

Hamilton, ON L8P 1H2

Schedule at a Glance

Tuesday October 15

- 8:30 AM - 9:30 AM Pre-Symposium Workshop Registration
- 9:00 AM - 4:00 PM Pre-Symposium Workshop

Wednesday October 16

- 8:30 AM - 9:00 AM Registration & Information Desk Open
- 9:00 AM - 9:30 AM Symposium Welcome
- 9:30 AM - 10:20 AM Keynote Address
- 10:20 AM - 10:50 AM Activity & Refreshment Break
- 10:50 AM - 11:40 AM Concurrent Sessions 1
- 11:45 AM - 12:25 PM Plenary Session
- 12:25 PM - 1:15 PM Lunch
- 1:15 PM - 1:35 PM After Lunch Activity
- 1:35 PM - 2:25 PM Concurrent Sessions 2
- 2:25 PM - 2:55 PM Activity & Refreshment Break
- 2:55 PM - 3:45 PM Concurrent Sessions 3
- 3:45 PM - 3:55 PM Stretch Break
- 3:55 PM - 4:45 PM Concurrent Sessions 4
- 4:45 PM - 5:00 PM Closing Plenary

Thursday October 17

- 8:30 AM - 9:00 AM Registration & Information Desk Open
- 9:00 AM - 9:30 AM Welcome & Morning Activity
- 9:30 AM - 10:20 AM Keynote Address
- 10:20 AM - 10:50 AM Activity & Refreshment Break
- 10:50 AM - 11:40 AM Concurrent Sessions 5
- 11:40 AM - 12:00 PM Activity & Refreshment Break
- 12:00 PM - 1:00 PM Lunch
- 1:00 PM - 1:50 PM Concurrent Sessions 6
- 1:50 PM - 2:15 PM Activity & Refreshment Break
- 2:15 PM - 3:15 PM Plenary Session
- 3:15 PM - 4:05 PM Concurrent Sessions 7
- 4:05 PM - 4:30 PM Closing Plenary

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NETWORKING



SESSIONS



PLENARIES



INTERACTIVE DEMOS

Join the Conversation

#MBA4Youth19



The MBA 19 Symposium

Pre-Symposium Workshop: Tuesday October 15

The Space Youth Centre
24 Main Street West
Hamilton, ON L8P 1H2

Positive Youth Development Workshop 9:00 am - 4:00 pm

Positive youth development is an approach to intentionally structuring programs and services for youth so they can develop the skills and competencies needed to help transition them into adulthood. This workshop provides youth development workers, recreationists, and program managers with an opportunity to:

- better understand the developmental needs of youth;
- learn about adolescent brain development and how it can influence program planning;
- hear about the 6 Cs, what they are, and why youth need them;
- become aware of the online Intentional Youth Development resource; and
- benefit from becoming part of a network of those who support those aged 13-19 years.

Come prepared to listen, discuss, share and learn about fresh ideas in this interactive training event. Delegates coming just for the day will return to their agency, school or department armed with tools, resources and research designed to help their services be responsive and supportive with and for youth. Delegates staying for the MBA have the additional opportunity to meet more colleagues and enjoy even more experiential learnings over the following two days of sessions.

Presenter: Jason Cranny, Community Service Officer, Owen Sound Police Department

IS YOUR COMMUNITY YOUTH FRIENDLY?

There are 46
Youth Friendly
Communities in
Ontario.

.....
They represent
40% of Ontario's
population.



Learn how to become a Youth Friendly Community!

www.playworkpartnership.ca/youth-friendly-community

Symposium Welcome 9:00 am - 9:30 am

Keynote Address 9:30 am - 10:20 am

Youth Engagement: From a Youth Perspective

At age 13, Lazar Paroski identified a problem with the Education Quality and Accountability Office (EQAO) scores for children grades 1-6 in his community; scores were surprisingly low. Lazar is a math whiz, but he knows that math doesn't come as easy for some kids. He wanted to help his fellow students improve their scores and have some fun doing it so he applied for a grant to create an outdoor Math Wall in Morrison Park, Kitchener. In this keynote, Lazar will share how he engaged more than 450 children, his tips for engaging youth and what worked and didn't work with this project. At the age of 15 Lazar is an incredibly fun and passionate speaker who is looking forward to sharing his experience with you!



Lazar Paroski
Youth, Advocate for Change

Activity and Refreshment Break 10:20 am - 10:50 am

Concurrent Sessions 10:50 am - 11:40 am

1A: Youth Leadership and Green Exercise Programming

There is an increasing body of evidence that suggests an effective way to improve mental health is by spending more time outdoors. This session will explore the benefits of "green exercise, physical exercise undertaken in natural environments, as a youth intervention for better psychological health. Learn how to implement green exercise programming with behaviour activation that is co-led by youth, and the role that community partners, like Conservation Authorities, municipal parks and recreation, and groups, such as Hike Ontario and the Royal Botanical Gardens, can contribute to the program's success.

Presenters: *Selina Buesink, Psychotherapist/Team Lead, Lynwood Charlton Centre; Ethan Murray-Leung, Youth*

1B: The Beginning, End and Renewal of the Youth Voice: One Community's Story

Youth Advisory Councils are a key way for the youth voice to be heard by community decision makers. Starting a Council, and keeping it going, takes the right person in the right place at the right time with the right group of youth. What happens when all of those 'rights' change either quickly or over time? Hear the learnings from a community that has gone through that process and that is positioning the youth voice to rise again in a way that is designed to have better results for the youth, the decision makers and the community as a whole.

Presenter: *Jesse Williamson, Project Manager, Strategic Youth Initiatives, City of Hamilton*

Wednesday Activity Breaks

A key to relationship building is using positive words and perspectives. Through interactive problem-solving games and activities throughout the day, we will work collaboratively in small groups to achieve goals while focusing on positive attitudes and thoughts. Get ready to think and be active while enjoying a refreshment and meeting some new people!

Activity Facilitator: *Sari Haber, Elementary School Teacher, Artist and Entrepreneur*

Every day is SWAG day!

The MBA is known for great swag draws. Bring swag (up to 5 items) from your place of work or your home town and it will be used as one of the many prizes in the daily draw. Let the Planning Team know you will be bringing swag by checking that box off when you register.

Plenary Session 11:45 am - 12:25 pm

A Day in the Life of Youth: From a Youth Perspective

Get ready for the real world! Learn from the youth members of the Burlington Student Theatre as they express – through Improv – experiences they encounter on a daily basis. Listen to self-identified stories and bring topics on which you would like to hear their insight. The Burlington Student Theatre focuses on the wellness and development of young people, fostering empathy, courage and critical thinking within a safe and nurturing environment. You will also see how these youth practice the tools and transferable skills they need to feel good about themselves and act with confidence in their everyday lives.

Presenters: *Burlington Student Theatre Members; Rainer Noack, Founder and Program Director, Burlington Student Theatre and Coordinator for the Youth and Culture Team; Jo Payne, City of Burlington*

Networking Lunch 12:25 pm - 1:15 pm

After Lunch Activity 1:15 pm - 1:35 pm

Concurrent Sessions 1:35 pm - 2:25 pm

2A: Newcomer Youth: Overcoming Challenges Through Leadership Programs

As a service provider, you have a role to play in helping immigrant youth successfully integrate and become leaders in their communities. Programs that include skill building activities, hands on projects and continuous self-assessment build leaders who have a strong ethic of service to others and are active civic participants. In this session, discover practical and proven tools and techniques through strategic examples that help newcomer youth feel more engaged in their new homes and leave you feeling empowered as a change agent for positive growth.

Presenters: *Corina Carvallo, Senior Manager, Program and Services; Aroop Rayu, Youth Employment Worker; Sweet Genesis Ali, Youth, Skills for Change*

2B: Speak Your Mind - Engaging Youth to Make a Difference for Mental Health

Mental Health is a topic of growing concern with today's youth. This interactive session will enhance your approach to engage with the many partners involved that can help youth cope with anxiety, stress and other mental health disorders. Learn how to engage youth to work together and build skills to take action toward mental health both for themselves and those whose lives they touch.

Presenter: *Jodi Longland, Programs Coordinator, Town of Innisfil*

Activity Refreshment Break 2:25 pm - 2:55 pm

Concurrent Sessions 2:55 pm - 3:45 pm

3A: Learning: It CAN be all fun and games!

The Canadian Intramural and Recreation Association (CIRA Ontario) is pleased to introduce you to its 'Favourites'! Learn the CIRA Ontario's favourite games and activities you can use with youth to help them get to know one another, stay actively engaged, get them moving in the middle of a long meeting, open their minds to new ideas, develop their leadership skills, and leave them laughing, having fun, making friends and wanting more!

Presenter: *Andy Raithby, Vice President, Canadian Intramural Recreation Association (CIRA) Ontario*

3B: Employment 411: Using Community Resources to Connect Youth

In this session you will hear from both staff and participant perspectives about how community collaboration and partnership, through their diverse strengths and resources, can enhance a program and create better outcomes. Learn how engaging partners from the beginning of program development is critical to a program's success. This session will reinforce the importance of being flexible, creating program content that is complementary versus duplicative, and being mindful of where and when programs should and could take place. Program participant will share their feelings around the access to multiple community services located in a safe space and the benefits of those connections. While this session is based on learnings from a youth employment program, those learnings are transferable to any program in which youth are involved.

Presenters: *Nancy Nguyen and Erica Stewart, Employment 411 Program Participants; Samantha St. Aubin, Recreation Coordinator, City of Hamilton; Kate Hendershott, Youth & Education Program Staff, Boys & Girls Club of Hamilton*

Stretch Break 3:45 pm - 3:55 pm

Concurrent Sessions 3:55 pm - 4:45 pm

4A: Collecting and Leveraging Youth Feedback

The verdict is in: Youth want to have input in the decisions that affect them. Join the Town of Milton and learn about their new municipal Youth Strategy. Discover practices in how to hear diverse youth voices and reflect them in program development and as a tool for advocating for increased investment in youth. This session will cover what was learned about gathering youth feedback, crunching the data with an objective and critical eye, using the data in a meaningful way, and maintaining relationships with youth participants throughout and after the process. Leave with key learnings from the youth feedback data and with a roadmap for collecting and leveraging youth voice and involving youth in future decision-making.

Presenter: *Michelle Dittmer, Community Development Advisor – Youth, Town of Milton*

4B: Youth Friendly Community Learnings

Since 2005, Play Works has recognized more than 46 Ontario communities that have met the requirements to be a Youth Friendly Community. This means that more than 40% of Ontario's youth, ages 13 to 19, live in a Youth Friendly Community! These communities have worked hard to establish, maintain and enhance play opportunities for their youth. If you are a currently recognized Youth Friendly Community or have a goal to see your community recognized, come to this session and learn about best practices, ask questions about the 2020 application process, and learn from those who have both applied for and been on the review side of the application process.

Moderator: *Marion Price, Parks and Recreation Ontario; Panel Members from Youth Friendly Communities: Jesse Williamson, City of Hamilton; Diane Wiber, Town of Bracebridge; Cathy Oliveira, Town of Whitby*

Closing Plenary 4:45 pm - 5:00 pm



Please join us at Thursday lunch for a Jr. NBA Youth Basketball demonstration!

Jr. NBA Youth Basketball (JNYB) is a national youth basketball program designed for children ages 5-12 years old to develop fundamental skills, sportsmanship and a love for the game of basketball. The JNYB curriculum is based on Sport Canada’s LTAD model and has stage-appropriate drills and games for each age group.

JNYB has everything you need to adopt, implement, and adapt our program to fit the needs of your community and members. By supporting everything from administration to materials to curriculum development to marketing, JNYB makes running a youth basketball program simple, easy and affordable.

For more information about the Jr. NBA Youth Basketball program, please e-mail JNYB@basketball.ca or phone 416-614-8037 (ext. 215).

Thursday Activity Breaks

Learn from the Hamilton Youth Poets as they present their thoughts on issues and opportunities they are likely to encounter.

Every day is SWAG day!

If your ticket wasn’t drawn on Day 1, there’s still time for you to win one of the many swag items you and your fellow delegates will bring to the event.

The MBA 19 Symposium

Day 2: Thursday October 17

Welcome and Opening Activity 9:00 am - 9:30 am

Keynote Address 9:30 am - 10:20 am

Truth & Reconciliation: Working with Youth

Canada’s Truth & Reconciliation Report, and the subsequent Call to Action, provides insight as to what is needed to honour the truth and reconcile the future. Youth development workers have a role to play in supporting the learnings from these documents, as well as using this information to inform work with other populations who may have come from similar backgrounds of oppression or trauma. The plenary session will highlight components of Truth and Reconciliation, speak to the call for action which communities can be addressing, and provide links between what staff who work with Indigenous youth can undertake to create links to a better and brighter future for the next generation.

Presenters: Duke Peltier, Ogimaa, Wiikwemikoong Unceded Territory; Lawrence Enosse, Program Manager, Waasa Naabin Youth Centre

Activity and Refreshment Break 10:20 am - 10:50 am

Concurrent Sessions 10:50 am - 11:40 am

5A: Game Changers: What You Need To Know About Youth Vaping

The use of e-cigarettes is growing in Ontario among youth and so are the many concerns associated with its popularity, particularly around the levels of nicotine. This session will go beyond the health concerns and explore the current explosion of youth vaping in Ontario from social, cultural and industry-fueled lenses. A brief overview of the technology of e-cigarettes will be provided along with a hands-on opportunity to explore different products used by youth. You will leave this session understanding the factors behind this challenging behaviour, its health and legal implications, and how to best prevent and support youth in these changing, vaping times. You will also leave the session with a list of resources available to support young people and adult influencers to make healthy decisions.

Presenters: *Jeff Moco*, Youth Engagement Coordinator, Chatham-Kent Public Health Unit; **Corina Artuso**, Youth Engagement Coordinator, Algoma Public Health; **Wendy Legros**, Health Promoter, Porcupine Health Unit

5B: Planet Youth Lanark County

Planet Youth Lanark County (PYLC) is not just a program, it's a new approach to measurably improve the quality of life in a community. Pioneered in Iceland over 20 years ago, this approach is now used in over 110 communities across 27 countries worldwide. Some of the successful steps taken in Iceland and other countries include: removing barriers to positive activities and pursuits for youth; bringing awareness to the public about the benefits of increased family time; and improving lines of communication between schools, parents, community organizations and youth. PYLC partners with community leaders and policy makers to enhance quality of life of youth by addressing substance use. In this session, you will hear about the work PYLC has done to build community capacity, its challenges and successes, its plans to conduct first surveys in early 2020, and how you can use partnership models like this to address issues youth face in your community.

Presenter: *Planet Youth Lanark County Steering Committee Member*

Activity Break 11:40 am - 12:00 pm

Networking Lunch 12:00 pm - 1:00 pm

Concurrent Sessions 1:00 pm - 1:50 pm

6A: Best Practices in Working with Newcomer Youth

Running a successful and well-attended program for newcomer youth does not just happen. It takes intentional planning, solid partnerships, and program outreach strategies to help find and engage youth in your programs. The session will cover best ways to mobilize staff, build structure within offsite program activities, and turn purposeful outreach strategies into an effective and meaningful mobile program that newcomer youth find valuable and exciting.

Presenter: *Jovie Galit*, Coordinator, Immigrant and Refugee Services, and **Kitt Azores**, Newcomer Youth Program Team Lead, West Neighbourhood House

6B: Hamilton Youth Poets:

HYP is a community grounded in the belief that all people have important stories to tell. They are a group of people from different backgrounds who have come together to understand the importance of their own stories and those of others, so all can pursue a chosen path and work to make the places we call home more just and equitable. Relationships begin at HYP based on a shared love of creative expression through the written and spoken word. HYP offers in-school Artist Residencies, writing workshops in poetry (Check the Method) and hip-hop/rap (Emcee Wreckshop), the longest-running youth open mic and poetry slam in Hamilton (HYP Slam), and HYP's newest program, Black Poet Residency: an intensive and dynamic writing and performance series that recognizes the importance of providing a positive and inclusive platform where black voices and experiences are explored, expressed, and supported.

Presenters: Hamilton Youth Poets (HYP)

Activity and Refreshment Break 1:50 pm - 2:15 pm

Plenary Session 2:15 pm - 3:15 pm

Recruiting Youth and Retaining Their Interest

This action-packed and experiential plenary session will put you in the driver's seat of impact sharing and have your mind going 100 miles per hour! Learn who the youth are in your community who you want to connect with, how to find them, and how to build and establish connections with different groups of youth. Discover how to nurture relationships with youth and learn techniques to maintain the interest and enthusiasm of the youth with whom you work. This session will include concrete 'how-to's on recruitment and retention, with the best ideas coming from you!

Session Moderators: Members of the Planning Committee; Panelists: MBA Delegates!

Concurrent Sessions 3:15 pm - 4:05 pm

7A: Creating Meaningful Volunteer Opportunities for Youth

For many youth, getting 40 hours of community service isn't enough and they continue to seek out further volunteer opportunities that help them build skills for their future. Learn how the Ontario Science Centre Camp builds meaningful, balanced relationships with over 120 youth volunteers each summer through a structured program of goal-setting, self-reflection, frequent evaluations from paid counsellors, and ongoing training. This session will include sample tools and group discussion to lead participants in examining their organization's learning goals for youth volunteers, planning supports to help youth achieve those goals, and thinking about how to measure the youths' successes. It will also include active examples of how attention is paid to the 'soft skills' that volunteers (and in turn, their campers) learn throughout their time at camp. Learn how to implement the Science Centre's approach with volunteers where, "at camp, we play with a purpose!"

Presenter: Emma Meadley Dunphy, Recreational Program Leader, Ontario Science Centre

7B: Using Tech Tools to Recharge Staff Training

Training youth staff is one of the most fundamental components of preparing your staff team; but it can often be challenging to wade through the various methods or come up with new ways of running the training. This session will highlight creative, innovative and cost-effective (or free!) methods you can adopt to enhance your staff training with technology. You'll also learn how popular smartphone applications can double as learning tools. A smart phone, tablet or laptop will be needed throughout the session for hands on learning, so please bring yours to use or share.

Presenter: Marek Holke, Senior Manager, Training Systems, Making Waves Swim School; Colleen Oag, Recreation Programmer, Aquatics, City of Mississauga

Closing Plenary 4:05 pm - 4:30 pm

The MBA 19 Symposium

Register online: <http://bit.ly/MBA4Youth19Registration>

| * Member Rates | Keener August 30 | | Early Bird September 25 | | Regular October 9 | |
|---------------------|---------------------|--------------------|----------------------------|------------|----------------------|------------|
| | Rate | Rate + HST | Rate | Rate + HST | Rate | Rate + HST |
| MBA Symposium | \$359 | \$405.67 | \$399 | \$450.87 | \$439 | \$496.07 |
| Pre-Symposium Only | \$199 | \$224.87 | \$219 | \$247.47 | \$239 | \$270.07 |
| MBA & Pre-Symposium | \$509 | \$575.17 | \$569 | \$642.97 | \$629 | \$710.77 |
| Wednesday Dinner | \$25 | \$28.25 (with HST) | | | | |
| Non-Member Rates | Keener August 30 | | Early Bird September 25 | | Regular October 9 | |
| | Rate | Rate + HST | Rate | Rate + HST | Rate | Rate + HST |
| MBA Symposium | \$398 | \$449.74 | \$438 | \$494.94 | \$478 | \$540.14 |
| Pre-Symposium Only | \$238 | \$268.94 | \$258 | \$291.54 | \$278 | \$314.14 |
| MBA & Pre-Symposium | \$588 | \$664.44 | \$648 | \$732.24 | \$708 | \$800.04 |

* Members are members of Parks and Recreation Ontario, or other CPRA Provincial/Territorial Parks and Recreation Associations

Accommodations

For overnight delegates, we are pleased to offer special rates at the Sheraton Hamilton, across the street from the Art Gallery of Hamilton.

- Single night Standard Rooms
 - » Two queen beds \$149.00 + HST

Preferred room rates expire Monday September 16, 2019.

To book a room over the phone or online:

1-888-627-8161

<http://bit.ly/MBA19Accommodations>

Reference **Parks and Recreation Ontario** to get the preferred room rate.

Preferred room rates are based on availability and are valid for one day before and one day after the MBA Symposium.



Sheraton Hamilton
905-529-5515
116 King Street West
Hamilton, Ontario L8P 4V3

STAYING OVERNIGHT?

If you are staying overnight on Wednesday October 16, 2019, please indicate on your registration form that you will be staying for dinner (extra fee applies). If you are up for an adventure after dinner, there are many activities in the area such as bowling, axe throwing and walking the town with fellow delegates.

General Information

SWAG and Promotional Materials

If your agency/department has t-shirts, pens, bags, hats, mugs or other promotional items that you give away to staff or volunteers, please bring them along. SWAG draws are held throughout the MBA Symposium. In addition to coming away with a great gift, you may also get great ideas for promotional items.

Accessibility and Dietary Needs

The Art Gallery of Hamilton is physically accessible. Staff are able to accommodate most dietary needs, provided these needs are identified in advance. Please be sure to include this important information on the registration form. For more information on accessibility, please contact Parks and Recreation Ontario and reference the Accessibility Standards for Customer Service.

Full MBA 19 Symposium Delegate Package

The full MBA Symposium registration includes all plenary keynote addresses, a choice of concurrent sessions, materials, refreshment breaks and two lunches. Accommodations, dinner(s) and breakfast(s) are not included.

How to Register

Register online at <http://bit.ly/MBA4Youth19Registration> with VISA, MasterCard or by cheque. All registrations require payment before they are processed and invoices must be paid before the event.

Members and Non-Members

Members are individuals who are members of Parks and Recreation Ontario, or are members of HIGH FIVE® registered or accredited organizations, or are delegates from out of province and who are members of Canadian Parks and Recreation Association Affiliated Provincial/Territorial organizations.

Non-Members are encouraged to attend this event. An increasing number of delegates come from health promotion and community agencies.

Refunds and Cancellations

A 20% administration fee will be applied to all cancellations prior to September 25. A fee of 50% will be applied to cancellations made between September 25 and October 9. Cancellations made after October 9 are non-refundable. However, registrations are transferable. All requests for cancellations or transfers must be submitted in writing to pro@prontario.org.

Environmental Sustainability

Supporting sustainable environments is part of PRO's vision. The MBA Symposium supports this vision by selecting our venue, the Art Gallery of Hamilton, which implements many sustainability initiatives. We encourage and use electronic handouts and resources wherever possible. Participants are always encouraged to bring water bottles. For more information email pro@prontario.org.

Event Attire

The MBA 19 Symposium is a casual event. Please dress accordingly.

Questions on How to Register

Call 416-426-7142; Monday - Friday, 9 am - 5 pm or email pro@prontario.org.