



Saturday May 8, 2010 • 9:00 am – 4:30 pm • Registration opens at 8:00 am

Event **Anaphylaxis Canada’s Youth Workshop**
 Session taking place during conference:
 Food for thought: translating research into practice
 Teen Session: 1:30pm-4:30pm

Location Ontario Science Centre
 770 Don Mills Road
 Toronto, Ontario
 M3C 1T3

Ages 13
 to
 21

Register **Step 1:** Fill out the following form **Step 3:** Fax the form to Anaphylaxis Canada
Step 2: Have a parent/guardian sign the form (416-785-0458) or email to kdine@anaphylaxis.ca
An Anaphylaxis Canada representative will contact you once form is received for verification

Teen’s Name
 Email
 Age
 Food Allergies
 Male Female
 City
 Parent’s Name
 Home Phone

Join youth (age 13-21 yrs) with food allergies for an afternoon of fun, learning, and discussion of topics in a “teens only” setting. Listen to other youth talk about their experiences with travelling, dating, high school, dining out, college/university, and how they’ve managed to juggle allergies with a normal teenage life.

☆ Teens under 18 must be accompanied by ☆ a parent to the conference

Payment

Fee: \$20.00 - This includes admission to both the morning conference and afternoon teen session.

Method of Payment

Cheque payable to Anaphylaxis Canada Visa Mastercard American Express Paid Online

Credit Card # _____ Expiry Date _____ Signature _____

Permission

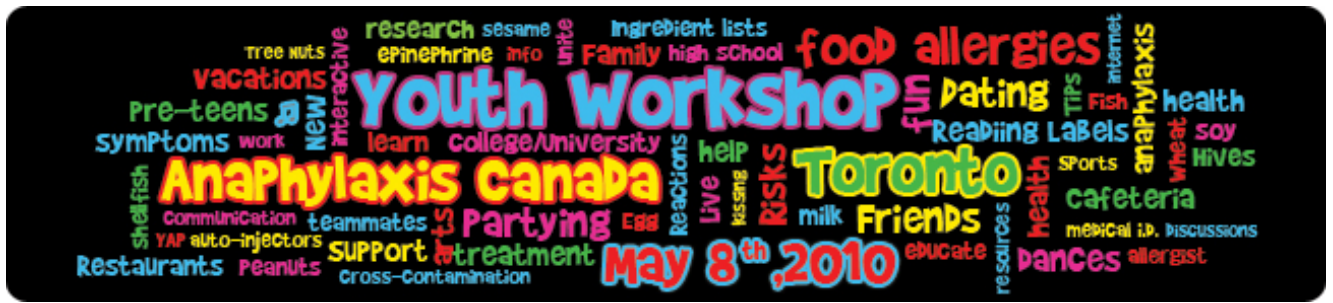
As the parent/guardian of _____, I _____ verify that the information provided is accurate and that we will be attending Anaphylaxis Canada’s conference on May 8, 2010 in Toronto, ON.

Parent Signature _____ Date _____

Anaphylaxis Canada

2005 Sheppard Avenue East • Suite 800 • Toronto, Ontario • M2J 5B4

Toll-free 866-785-5660 • Toronto (416) 785-5666 • Fax (416) 785-0458 • www.anaphylaxis.ca • info@anaphylaxis.ca



Anaphylaxis Canada Spring Conference - Youth Session Overview

Overview

Anaphylaxis Canada's Youth Advisory Panel (YAP) will be holding a half-day afternoon session for youth with food allergies. This interactive session will be filled with open discussions, and teen presentations on key topics.

The workshop is open to all youth with food allergies between the ages of 13-21 years. It's a great opportunity to meet new friends, share experiences, and learn how others have managed their allergies in different situations.

This session will be led by Kyle Dine, Youth Program Coordinator, and will focus on the issues faced by youth and the risk management strategies available to them. Prizes will be given away throughout the session as part of afternoon competitions including:

- Food Allergy Jeopardy
- Battle of the Sexes
- What's the Risk

For more information on the session and how to register, please visit www.anaphylaxis.ca and click on "Spring Conference 2010"

Program

Getting Friends on Board

When it comes to friends, you want to get them on board with helping you stay safe. The more your friends and peers know about your allergies, the more likely they will be to help you. This session will provide strategies on how to gain support from friends, and how to teach them how to help in risky situations.

Travelling with Allergies

One of the greatest things about travelling is the excitement of experiencing new places, cultures, environments, and new food. Unfortunately when traveling with food allergies, these experiences can also bring new risks. Learn key tips and advice so there are no allergy-related surprises on your next trip.

Elementary to High School Transition

The transition from elementary school to high school can seem like a big change. There are way more students, teachers and, logically, more food! Learn how others have managed the transition of examining and updating their anaphylaxis management strategies for this new environment.

College/University with Allergies

The transition from high school to college or university can be quite difficult as you move into a more independent environment where you are expected to be solely responsible for your food allergies. It can be a little overwhelming at first to have so much independence and a full work-load come at you all at once. Find out how to stay safe with allergies on and off campus.

Dating/Partying with Allergies

It can be difficult to bring up the subject of allergies in new relationships. Whether it's on a date or at a party, it is vital that you prepare and communicate potential risks ahead of time to ensure that a night of fun will not turn into a night of unexpected surprises. Learn how other youth have navigated these situations by learning from their communication strategies.

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