

Girl  Guides

Nova Scotia Council



2026
Spread Your Wings

NOVA SCOTIA PROVINCIAL GUIDING CONFERENCE

May 29-31st, 2026

St. Francis Xavier University
4130 University Avenue
Antigonish, Nova Scotia





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WELCOME MESSAGE



Spread Your Wings: 2026 Nova Scotia Provincial Conference

Welcome, Guiders, Rangers, Link and Bridging Members, and Trefoil Guild! We are so excited to invite you to this year's provincial conference—a weekend built to inspire, empower, and reconnect us with the heart of Guiding. Girl Guides of Canada in Nova Scotia has always been shaped by change, resilience, and the incredible volunteers and youth who breathe life into our movement. Over the past few years, we've experienced challenges together, but we've also witnessed the strength of our sisterhood—our ability to adapt, uplift each other, and keep our Guiding flame burning bright.

This year, we look forward with energy and optimism. **Spread Your Wings** is more than a theme—it's a call to embrace new possibilities, rediscover what lights you up, and soar into the next chapter of Guiding with confidence. Whether you're here to deepen your skills, share stories, spark creativity, learn something completely new, or simply enjoy time with your Guiding family, this weekend is for you.

We are thrilled to be able to offer an online Conference store, with several conference branded items. We are teaming up with Positive Identity, our official supplier of GGC merchandise. Participants can purchase their own items and have them delivered right to conference! A link to this will be posted on our social media channels (Facebook, Instagram, and X @ggcnovascotia) and Guidepost in the next couple of months.

Join us as we celebrate who we are, who we've become, and the adventures that await. Together, we'll learn, change, grow—and most importantly—lift each other higher.

Please note that the registration deadline is March 27th, 2026. Conference sessions will be emailed to registrants PRIOR to the Conference to confirm your session choices. Sessions fill up fast, so don't delay, register early! Register before February 27th, 2026 and have your name entered for an Early Bird Prize. We will be delighted to answer any questions you may have regarding Conference at ns-conference@girlguides.ca and/or ns-conference1@girlguides.ca .

We can't wait to welcome you to Antigonish for an unforgettable Guiding experience!

See you at Conference!
Provincial Conference Committee

COST BREAKDOWN



Funding for Conference 2026 for all attendees is sponsored by Nova Scotia Provincial Council. Please ensure if you need to cancel your registration that you do it in advance of the registration deadline (**March 27th, 2026**) as Province will be billed after this day.

If you fail to cancel your registration by this deadline, it will be at the discretion of Province if you will be personally responsible to cover the registration fees. These fees are as follows:

Conference Cost – Plan A - \$150.00

This includes the conference fee; accommodation on Friday and Saturday nights; and meals for the weekend (breakfast, lunch, snacks and supper on Saturday and breakfast on Sunday). **Supper will not be provided on Friday evening.**

Conference Cost – Plan B - \$75.00

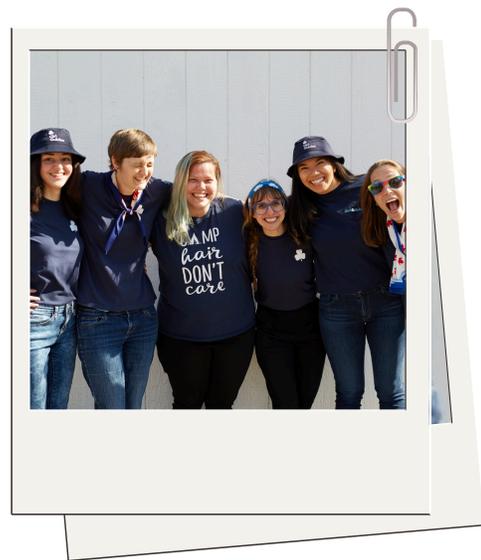
This includes the conference fee; accommodations on Friday night, you will have meals for Saturday (breakfast, lunch, snacks and supper).

Conference Cost – Plan C - \$50.00

This includes the conference fee and lunch, snacks and supper on Saturday.

What if I register and then can't go?

Life happens; plans change. If you are unable to attend Conference, please notify the Conference Registrar at: ns-conference@girlguides.ca and ns-conference1@girlguides.ca as soon as you can. The Conference Team will then be able to reallocate accommodation and sessions to waitlisted members.



LOGISTICS & INFORMATION



What Should I Wear?

Anything Guiding! Guiding Gear includes tops from GGC camps, conferences, events past or present and can be worn all weekend. If you wish to wear your GGC uniform during Opening and Closing Ceremonies, that is your personal choice. Wear what you feel good in!

Where Will I Be Sleeping?

Rooms will be allocated in blocks by District where possible. Please indicate during registration who you would like to room with. Rangers and Bridging members will be allocated to a shared block, with a partitioned private space reserved for youth only. All accommodations are in the St. FX University residence buildings, with private bedrooms and shared common spaces and facilities—more information on this closer to the conference date. Check-in will begin at 3:00pm on Friday and check out by 10:00am on Sunday.

What Should I Bring?

Kit List:

- A water bottle
- Toiletries and personal hygiene products as desired
- A completed Health Form (<https://bit.ly/45Dy1Od>)
- Clothing for the weekend, uniform/Guiding gear (whatever you have)
- Your sessions list from the confirmation e-mail (we will not have a printed list of your sessions for you at registration)

- Snacks (optional, but you are allowed to have food in your rooms, please be considerate of the shared space.) Please note that brown-bag snacks will also be provided by the conference committee at registration that can be enjoyed at your leisure.
- Cash for the Ideas Market (Sunday Morning)

When (& What) am I Eating?

If you have dietary issues, please reach out to ns-confreg@girlguides.ca to discuss your needs. It may not be possible to accommodate all food/dietary needs/allergies/sensitivities, but our registrars will be able to discuss options.

Meals will be at the cafeteria (**Morrison Hall**) and food cannot be taken from the cafeteria.

Certificate

Following the conference, all attendees will receive a certificate of attendance by email. This certificate confirms your participation in the conference and can be uploaded to iMIS to record your Guiding development. Be sure to watch your inbox after the event so you can celebrate your participation and easily log this experience in your records.



CONFERENCE POLICIES & REGULATIONS

Conference Office and First Aid station

The conference office is to be determined; this location will also house the First Aid office. Please watch our social media channels (Facebook & Instagram @ggcnovascotia) for updates as they become available.

Call for First Aiders – Volunteers Needed

We are in need of volunteers to serve as First Aiders during the event. First Aiders will be on site to help ensure adequate First Aid support for all participants and will be easily identifiable by a white scarf with a First Aid crest. If you are interested in volunteering as a First Aider, please email ns-conference@girlguides.ca and/or ns-conference1@girlguides.ca with “First Aider for Conference” in the subject headline.

Code of Conduct

All Guiders are expected to respect Girl Guides of Canada Code of Conduct, which will be posted at the Conference Office.

Substance Use:

No smoking at any times inside the buildings on campus. No smoking within 7.5 meters of any building on campus this includes tobacco and cannabis.

Alcohol on campus is permitted in your rooms only, no open liquor in the common areas or hallways.

Pictures/Videotaping:

Conference activities might be photographed and/or videotaped. As you can appreciate with an event of this size, Girl Guides of Canada, Nova Scotia Council cannot assume responsibility in the event that your picture may be recorded. We ask that Conference participants who do not wish their picture recorded take responsibility for managing this on their own.

Fragrance:

This Conference is a “Fragrance Free” event. To help every Guider enjoy the Conference, please be mindful of what you wear. In addition to no perfume, this includes scents in shampoos, deodorants, etc.

Emergency Contact and Telephone Service:

In the event of an emergency, the front desk staff at the St. FX accommodations will be available to assist you. For conference-based emergencies, please call Cindy O’Hearn at (902) 488-6352 or Mary Louise Johnson at (902) 691-0679. For serious emergencies (medical, fire, or immediate danger), call 911 right away.

Travel Assistance Guidelines

There will be prorated travel assistance provided for participants. Assistance with travel costs is available in accordance with the following guidelines:

Travel for vehicles with 4+ participants will be paid .60cents/km

Travel for vehicles with 3 participants will be paid .50cents/km

Travel for vehicles with 2 or less participants will be paid .40 cents/km

Drivers will be required to provide their email address and they will be sent information after the Conference regarding mileage claims.



WEEKEND EVENTS & SCHEDULE

Information Booths and Ideas Market - Call for Tables

You do not need to facilitate a full session to share your knowledge. A table at the Ideas Market may be the ideal platform to share Guiding information that you are passionate and knowledgeable about!

The Ideas Market will take place on Sunday, May 31st, from 9:00 a.m. to 10:00 a.m., prior to Closing Ceremonies. Tables will be available for Guiders, Units, and Districts to showcase ideas, share resources, or sell items in support of Girl activities. The Ideas Market was originally created to allow Guiders to exchange ideas that can be brought back to Units or Districts and may be best described as a Guiding-focused craft and ideas fair.

Participation in fundraising is optional. If fundraising is planned, an FR.1 form must be approved by Provincial before being submitted to the Conference Committee. Approval typically takes approximately three weeks. If approval is not received in time, it is the responsibility of the Guider to follow up.



The following guidelines for the Ideas Market apply:

- If selling a craft, instructions on how to create the craft must be included.
- If selling a cookbook, include safety tips for cooking with girls or guidance on organizing a unit meeting around cooking.
- If selling a crest, include information on how the crest was created. Crests may be sold for cost-recovery purposes only.
- Tables may also be used to share information about a Girl Guide camp or event, without selling items.
- Any materials posted on the wall behind tables must be affixed using white or blue sticky tack only.

We invite all Volunteers, Units, and Provincial Committees to request a table. Tables will be assigned on a first come first served basis. Watch for the Ideas Market tab when completing your conference registration.

The deadline to request a table and express interest in participating in the Ideas Market is **March 27th, 2026**.

If you have questions or concerns regarding any aspect of the Ideas Market, please contact ns-conference@girlguides.ca and/or ns-conference1@girlguides.ca – please put “Ideas Market” in the subject line.

Service Project: Supporting the Antigonish Food Bank

Service has always been a cornerstone of Girl Guides of Canada. Through acts of care, generosity, and community support, we live our Promise and help make the world a better place—starting close to home. This service project offers us a meaningful opportunity to put our values into action while supporting individuals and families in the Antigonish community.

For this year's project, donations will be focused on items for females and families, based on the Food Bank's most pressing needs. They have specifically requested the following items:

- Shampoo (adult and baby)
- Soap (adult and baby)
- Feminine hygiene products
- Menstruation products
- Razors

Attendees are encouraged to bring one or more of these items to donate during the conference. Every contribution—no matter the size—helps provide dignity, care, and essential support to women and families in need.

Thank you for helping us give back, strengthen our communities, and continue the proud Guiding tradition of service and compassion.



Some things you will see all weekend:

Scavenger Hunt – Use the Scavenger Hunt to spark conversations and connect with fellow participants throughout the weekend. Completed scavenger hunts must be submitted before Closing Ceremonies to be entered into a prize draw. Additional details about this activity will be shared during Opening Ceremonies on Friday evening.

Guiding Bingo – Guiding Bingo is a simple, weekend-long activity designed to help you get to know your conference friends! Completed bingo cards will be collected at the end of the weekend and entered into a prize draw.

Digital Itinerary – A QR code linking to the full weekend itinerary will be available at check-in/registration, along with one paper copy for reference. Participants are encouraged to take a photo of the QR code or schedule to ensure easy access to the itinerary throughout the weekend. **There will not be any physical copies of the schedule given out.**

Games Room – The first floor of the Mulronev building will be transformed into a boardroom café featuring games and a social space. Participants are welcome to bring their own games to share and to connect with new and familiar friends throughout the weekend.

Guiding Stories – Take a pause during the weekend to reflect on your Guiding journey so far! This online challenge is perfect for downtime—simply stop by the Guiding Stories table and scan the QR code to get started. Once you've completed the reflection, message or find the GGC NS Social Media Lead, Ana (ns-socialmedia@girlguides.ca) to receive your Guiding Stories crest. Crests available while quantity lasts.

Friday (PM)

4:30 - 6:30 - Registration is in the Mulroney building

Please note that dinner is not included on Friday evening.

7:00 - 8:30 - Opening Ceremony

9:30 - 11:30 - TBD
(Rangers/Bridging Members)
9:30 - 11:00pm - Free Time (Adult Members)

Some unstructured free time, adult members can visit the 1st floor Mulroney for board games, explore Antigonish, or relax in their rooms.

Saturday (AM):

7:45 - 8:45 - Breakfast
8:00 - 9:00 - Registration for Saturday attendees in Mulroney building.
9:00 - 10:00 - Keynote Speaker
10:30 - 11:45 - Session B workshops

Saturday (PM)

12:00 - 1:00 - Lunch
1:15 - 2:30 - Session C Workshops
1:15 - 4:00 - Session CD Workshops
2:45 - 4:00 - Session D Workshops
5:00 - 6:00 - Supper
7:00 - 8:00 - Provincial Awards Ceremony
8:00 - 9:00 - Ontario "Sing-a-Long" challenge
9:00 - 11:00 - Free Time (Adult Members)
9:00 - 11:00 - TBD
(Rangers/Bridging Members)

Some unstructured free time, adult members can visit the games room (1st floor Mulroney), explore the town, or relax in their rooms.

Sunday (AM):

7:45 - 8:45 - Breakfast
9:00 - 10:00 - Ideas Market
10:15 - 10:45 - Closing and Reflections



CONFERENCE SESSIONS

Session Information

When choosing your sessions, think about how you can:

- *Feather Your Nest* - Add new ideas, tools, and resources to your Guiding toolbox to build a strong and supportive foundation.
- *Spread Your Wings* - Deepen your program mastery by strengthening your skills and gaining fresh insights that enrich the Guiding experience.
- *Rule the Roost* - Explore leadership opportunities, strategies, and approaches to lead, inspire, and grow within Guiding.

Training Categories

Each category is specialized to meet the specific needs of members based on your role. However, all streams are open to all members, including Ranger-aged members. If completing modules and earning your pins are a goal, check out the outline on Member Zone. Once signed in to Memberzone, follow this link:

<https://mz.girlguides.ca/WEB/Documents/MZ/Training/team-chart.pdf>.

You are able to choose from a variety of subject matter Saturday sessions:

- **B Sessions:** 10:30 am – 11:45 am
- **C Sessions:** 1:15 pm – 2:30 pm
- **D Sessions:** 2:45 pm – 4:00 pm
- **CD Sessions:** Full afternoon sessions from **1:15 pm to 4:00 pm**, including a **30-minute break**.

When you are registering for the conference, you will be asked to select your preferred session from the available options. Session selections are processed on a first-come, first-served basis. Below is an example:

*I'm a new Guider and I want to attend "**B1- Let's Talk Secularism**" in the morning and "**CD2-Mending Wasteful Ways**" in the afternoon! Since the CD sessions run for the entire afternoon, I understand that I don't need to select any additional C or D sessions.*

This is what my registration form would show:

Time Slot for Morning	Session Choice (ENTER #)
A (9:00am - 10:00am)	KEYNOTE SPEAKER
B (10:30am-11:45am)	B1
Time Slot for Afternoon	Session Choice (ENTER #)
CD (1:15pm-4:30pm)	CD2
C (1:15pm-2:30pm)	
D (2:45pm- 4:00pm)	

Session Descriptions

Welcome to your 2026 Nova Scotia Provincial Conference session outline. All sessions are planned for Guiders, Link and Bridging Members and Rangers around this year's theme of **Spread Your Wings**. Each session will provide an opportunity to broaden your Guiding knowledge and/or skills for you to take back to your Units and Districts for the benefit of all. Some sessions are hands on learning, while others explore topics relevant to your Guiding roles. Challenge yourself to try something new, let loose your inner child with fun songs and games, or take a deep dive into serious issues facing our Guiding community!

Enrichment	New Guider / Leadership Learning Path	OAL	Fun & Games
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For your ease of reference, each session is colour-coded based on the above categories. Sessions in the New Guider/Leadership Learning Path and Outdoor Activity Leadership (OAL) are National-level modules that can be entered in your iMIS and counted towards earning the relevant pin. Some of the enrichment sessions are also applicable and can be recorded on your TR.9 Training Module Tracking form to track your participation in these sessions, and to track your progress toward earning TEAM (Training and Enrichment for Adult Members) pins.

Our conference is set up with two blocks in the morning, with the first being a Keynote address and the second a 1.25 hour slot, followed by two 1.25 hour session blocks in the afternoon. Each block is assigned a letter e.g. A, B, C or D. Some afternoon sessions require a longer duration, so are scheduled in double blocks. A 2.75 hour afternoon session is listed as CD.

BLOCK A - Keynote Speaker: Dr. Ann Marie Joyce

Dr. Ann Marie Joyce is a psychologist who has worked with children, youth, and their families for over 20 years. She is also a proud parent of two former Girl Guides, Beth and Gwen. Dr. Joyce specializes in mental health, with particular expertise in OCD and neurodiversity, and is a member of the Gender Affirming Care team at the IWK.

Through both her professional work and lived experience in Guiding communities, Dr. Joyce brings a practical, compassionate perspective on supporting girls and youth. Her sessions will help Guiders strengthen relationships, respond to conflict with confidence, and apply attachment-informed strategies within their Units, Districts, and leadership roles.

About her Keynote:

This keynote will explore how to understand conflict differently while maintaining meaningful connections, using an attachment-based lens. Drawing on current programs operating at the IWK, the session will offer practical insight into navigating challenging moments with care and intention. Participants will leave with resources that can be applied in Guiding and other supportive roles.

Dr. Joyce will also be facilitating **C12: Connection and Conflict** which builds on the themes introduced in the morning keynote. Her interactive session invites participants to explore connection and conflict through guided activities, discussion, and small-group work.



Block A Keynote (9:00am-10:00am)	Block B (10:30am-11:45am)	LUNCH	Block C (1:15pm-2:30pm)	Block D (2:45pm-4:00pm)
			Block CD (1:15pm-4:00pm)	

Explore the session topics offered and plan to register to Spread Your Wings on May 30, 2026

BLOCK B- 10:30am to 11:45am

B1: Let's Talk Secularism

Facilitator: Jennifer Boyce, Nova Scotia Deputy Provincial Commissioner
Guiding is a secular organization — but what does that really mean in practice? This interactive session invites Guiders to bring their questions and experiences to the table. Together, we'll explore how secularism shows up in programming, ceremonies, traditions, and everyday unit life, and how we can ensure Guiding remains welcoming, inclusive, and safe for all members.

B2: Guiding Traditions

Facilitator: Lisa Bland

With over a century of history, Guiding has developed many traditions — some cherished, some evolving, and some newly emerging. This session invites Guiders to explore traditions from Canada and around the world, reflect on their relevance today, and discuss how traditions can remain meaningful, inclusive, and adaptable for modern units.

B3: Crafts for Older Youth

Facilitators: Kristy Orser & Rangers

Straight from the mouths (and hands!) of Rangers. Join talented youth leaders for an exciting, hands-on crafting session using LED lights and UV resin. Discover creative, age-appropriate techniques designed specifically to engage older youth. You'll leave with fresh ideas that are easy to replicate and guaranteed to spark excitement in your Pathfinder, Ranger, or Trex units.

B4: Shelter Building and Getting Knotty

Facilitator: Brenda Harvey

Get hands-on with essential outdoor skills in this practical, confidence-building session. Participants will practice basic knots and apply them directly to shelter building. Learn where and how to practice these skills safely, how to build your own confidence, and how to effectively share outdoor skills with youth across branches.

B5: Let's Go Tenting – Planning and Packing

Facilitators: Cheryl Chambers & Darlene McPhee

Before the tent goes up, the planning begins. This session focuses on how to prepare for a successful tenting experience — including packing lists, equipment planning, and logistics. Perfect for Guiders new to camping or those wanting to feel more confident before heading outdoors with their unit.

B6: Get to Know the Provincial Camps Held Throughout the Guiding Year

Facilitator: Cat Joncas, Nova Scotia Camping & Outdoors Adviser

Ever wanted to volunteer at camp but weren't sure where to start? Thinking about taking your unit to camp but unsure how registration works? This session introduces the wide variety of Provincial Camps offered throughout the Guiding year for all branches. Learn what each camp offers, how to get involved as a volunteer or participant, and why your skills truly matter.

B7: All About the Branch: Sparks

Facilitator: Beth Spencer

Discover what makes Spark-aged youth shine! This training helps new and returning Guiders understand the physical, social, and intellectual development of youth aged 5–6. Explore Spark traditions, best practices for engagement, and ideas for creating joyful, developmentally appropriate meetings that celebrate the uniqueness of Sparks.

B8: Training in the Guiding Context

Facilitator: Nicole Marshall, Nova Scotia Learning and Engagement Advisor

Curious about the training world or thinking about becoming a trainer? Training in the Guiding Context is one of six courses in the Trainer Learning Path. This session explores what makes training at GGC unique and how Guiders can equip and inspire catalysts for girls empowering girls.

B9: All About the Branch: Pathfinders and Rangers

Facilitator: Susan Wray

This session focuses on understanding and supporting older branches. Explore developmental needs, leadership opportunities, and strategies to keep Pathfinders and Rangers engaged, challenged, and excited about their Guiding journey.

B10: Nova Scotia Archives: An Overview

Facilitator: Sarah Horrocks, Nova Scotia Archives Liaison

Dive into Guiding history! Learn how the Nova Scotia Archives preserve and digitize records in collaboration with National. Explore fascinating examples from the archives and discover creative ways units can use historical materials in programming.

B11: Gender Power

Facilitator: Cathy Langille

This session explores gender, power, and identity within youth spaces. Participants will reflect on how gender dynamics show up in Guiding and learn strategies to foster empowerment, inclusion, and respectful dialogue within their units.

B12: Welcome Guiders Mentor Program

Facilitator: National Learning & Engagement Team Member

Come and learn about the new Welcome Guiders mentor program for new Guiders that was launched in January of 2026.

B13: Unified Banking for Unit Treasurers

Facilitator: Dawn MacNeill

This practical session breaks down unified banking processes for units. Participants will gain clarity around expectations, best practices, and common questions, helping treasurers and Guiders manage finances with confidence and consistency.

BLOCK C — 1:15pm to 2:30pm

C1: Nova Scotia Pollinators and Native Plant Species to Support Them

Facilitator: Colleen Upson

Discover Nova Scotia's buzzing, fluttering pollinators and the native plants they rely on, while learning how seeds grow from germination to garden. This session empowers Guiders to take meaningful environmental action with youth by protecting keystone species and creating thriving habitats.

C2: Discover How Artificial Intelligence Can Support and Inspire Your Girl Guide Meetings

Facilitator: Marrick MacKay

Curious about AI but unsure how it fits in Guiding? This session introduces simple, practical ways artificial intelligence can support meeting planning, badge work, and creative activities— while still honouring Guiding traditions and values.

C3: Guiding in Nova Scotia: About the NS Reboot

Facilitator: Kathy Martin, Nova Scotia Provincial Commissioner

This reflective session offers Guiders space to reconnect with themselves and their purpose. Whether you're feeling stretched thin or simply need time to breathe, Reboot provides grounding, renewal, and encouragement.

C4: Girl Protection – Keeping Our Youth and Ourselves Safe

Facilitators: Elizabeth Buffett & Marsha Powers-Dunlop

This essential session focuses on keeping youth and Guiders safe by recognizing signs of abuse, responding appropriately, and preventing allegations. Through real-life scenarios and guided discussion, participants will build practical skills for managing difficult behaviours with confidence and care.

C5: Training: Who, What, When, Where, Why?

Facilitator: Charlotte Dornadic

Do you want to better understand training opportunities in Guiding? This session walks you through available training, how to access it, and how it benefits both you and your unit. Try sample activities, ask questions, and gain clarity on your training pathway.

C6: All About the Branch: Embers

Facilitator: Beth Spencer

Explore the world of Embers! Learn about the physical, social, and intellectual development of youth aged 7–8, Ember traditions, and best practices for planning fun, engaging, and meaningful meetings.

C7: Macramé Craft

Facilitators: Heather Yule, Sandra Winters & Mary Ellen MacPhail

Using knots Rangers already know, add a creative twist! Learn how to create a macramé keyring or bag tag while exploring the global history of macramé. This session blends traditional skills with creative expression to produce a beautiful, functional piece.

C8: Tech Unplugged: Science of Flight

Facilitator: Susan Wray

No screens required! Explore STEM concepts using everyday items from craft cupboards and kitchens. Learn strategies for leading engaging STEAM programming and experiment hands-on with the science of flight.

C9: Creating Guiding Ceremonies

Facilitator: Janice Williams

Ceremonies create lasting memories for youth, Guiders, and families. Learn how to design meaningful, inclusive ceremonies to celebrate enrolment, advancement, and achievements. This session offers inspiration, discussion, and practical tools you can use right away.

C10: Creative Multibranch Programming That Really Works

Facilitator: Suzanne Wolf

Learn practical strategies for running engaging, successful multibranch units while meeting the diverse developmental needs of youth. Walk away with ideas that truly work in real-world Guiding settings.

C11: Connection and Conflict

Facilitator: Dr. Anne Marie Joyce

Based on the same theme as the morning keynote, this session will expand with activities, working in pairs or small groups, as well as discussion. Resources will be provided as part of the session.

BLOCK D: 2:45pm to 4:00pm

D1: All About the Branch: Guides

Facilitators: Janice Williams & Stephanie Williams

The Guide program offers girls aged 9–11 opportunities to develop leadership, organization, and teaching skills while having fun with peers. This session explores the developmental characteristics of Guides, provides an overview of the Guide program, and shares practical strategies for engagement and behaviour management. Guiders will leave with ideas they can confidently apply in their units.

D2: Guiding in Nova Scotia: About the NS Reboot

Facilitator: Kathy Martin, Nova Scotia Provincial Commissioner

A continuation of the Reboot experience, this session offers deeper reflection, renewal, and reconnection. Reboot Session 2 provides space to reset, refocus, and return to Guiding feeling supported and re-energized.

D3: Musical Activities for the Musically Challenged

Facilitator: Elizabeth Buffett, Nova Scotia Girl Protection Adviser

Opera singers need not apply! This lively, hands-on session is designed for Guiders who love the idea of music but don't consider themselves musical. Through games, movement, and playful activities, participants will discover easy, fun ways to incorporate music into meetings across all branches — no singing talent required.

D4: Sing a Song and Play with Me: Guides

Facilitator: Charlotte Dornadic

Feeling stuck with the same songs and games? This interactive session introduces new songs, creative games, and drama-based activities tailored specifically for Guides. Expect lots of movement, laughter, and practical ideas you can take straight back to your unit.

D5: American Sign Language and Guiding

Facilitator: Beth Spencer

Discover the beauty of American Sign Language through songs, signs, and interactive activities. Learn Taps in ASL, pick up fun signs, and explore how ASL can be incorporated into Girls First programming to support accessibility, inclusion, and joyful learning.

D6: Journaling Through the Program: Explore Art and Bullet Journaling

Facilitator: Victoria Frail

If you're tired of worksheets that disappear, this session offers a creative alternative. Learn how art and bullet journaling can help youth document their Guiding journey while building reflection, creativity, and individuality. Especially effective for Guides and older branches.

D7: Guiding on Your Resume

Facilitator: Susan Wray

Guiding builds real-world skills — now learn how to help youth articulate them. This interactive workshop supports translating Guiding experiences into resume-ready language and aligns with Life Stuff badge work for Pathfinders and Rangers.

D8: Macramé Craft

Facilitators: Heather Yule, Sandra Winters & Mary Ellen MacPhail

Target Audience: Rangers & Bridging Members Only

Build on traditional knot-tying skills while adding a creative twist.

Participants will create a macramé keyring or bag tag, learning how basic knots become beautiful, functional art with deep roots in Guiding.

D9: Loving the Girls First Program Platform

Facilitator: Jenn Priske

Are you making the most of the Girls First Program Platform? This session walks participants through planning tools, badge tracking features, and practical tips, while offering space to share experiences and ask questions — all technical comfort levels welcome.

D10: Inspiring and Engaging Junior Leaders

Facilitator: Suzanne Wolf, National Guiding Member

Junior Leaders thrive when they feel supported, challenged, and valued. This session explores practical strategies for mentoring, motivating, and empowering Junior Leaders so they grow in confidence, leadership, and commitment to Guiding.

BLOCK CD – 1:15pm to 4:00pm

CD1: Let's Travel – Interprovincial and International Travel

Facilitators: Brenda Harvey, Kristy Orser & Rangers

Thinking about travelling with your unit? This session covers where to start, budgeting and tracking finances, fundraising ideas, and how to prepare both youth and adults for travel experiences. Ideal for Guiders interested in expanding opportunities beyond their local community.

CD2: Mending Wasteful Ways: Building a More Sustainable World Through Practical Handicrafts

Facilitator: Siobhan Creelman

Explore sustainability through hands-on handicrafts that promote reuse, repair, and mindful consumption. Participants will learn practical skills while discussing how to integrate environmental responsibility into Guiding programming.

CD3: Volunteer Food Safety

Facilitator: Debbie Mellish

A practical session focused on food safety principles relevant to Guiding events, camps, and unit activities. Participants will gain essential knowledge to help keep youth and volunteers safe when handling, preparing, and serving food.

CD4: Glass Fusion Art with School Street Studio Glass

Facilitator: Cat Joncas, Nova Scotia Camping & Outdoors Adviser

Create a unique glass art piece while learning about the glass fusion process. This creative session offers hands-on experience and inspiration for incorporating art-based activities into Guiding.

Note: \$20 cost per participant for a 4x4 glass art piece.

CD5: Tent Camping – Tents and Tarps

Facilitators: Cheryl Chambers & Darlene McPhee

Build confidence in outdoor skills with a focus on tent and tarp camping. Participants will learn setup techniques, best practices, and tips for teaching camping skills to youth.

Note: Outdoor space required.

CD6: Self Leadership (Step 1 on the Leadership Path)

Facilitator: Lisa Bland

This session focuses on self-leadership as the foundation of the Leadership Path. Participants will reflect on personal strengths, values, and leadership styles while exploring ways to grow with intention.

CD7: Badge Clip Board

Facilitator: Alana Coneen

A practical, hands-on session focused on creating or using badge clip boards to support badge work and program tracking. Participants will leave with ideas to help youth stay organized and engaged.

CD8: Explore and Discover: Geocaching

Facilitator: Dawn MacNeill

Discover how geocaching can be used as a fun, hands-on Guiding activity that builds teamwork, navigation skills, and outdoor confidence. This session introduces the basics of geocaching, safety considerations, and practical ways to incorporate it into unit meetings, camps, and community adventures.

