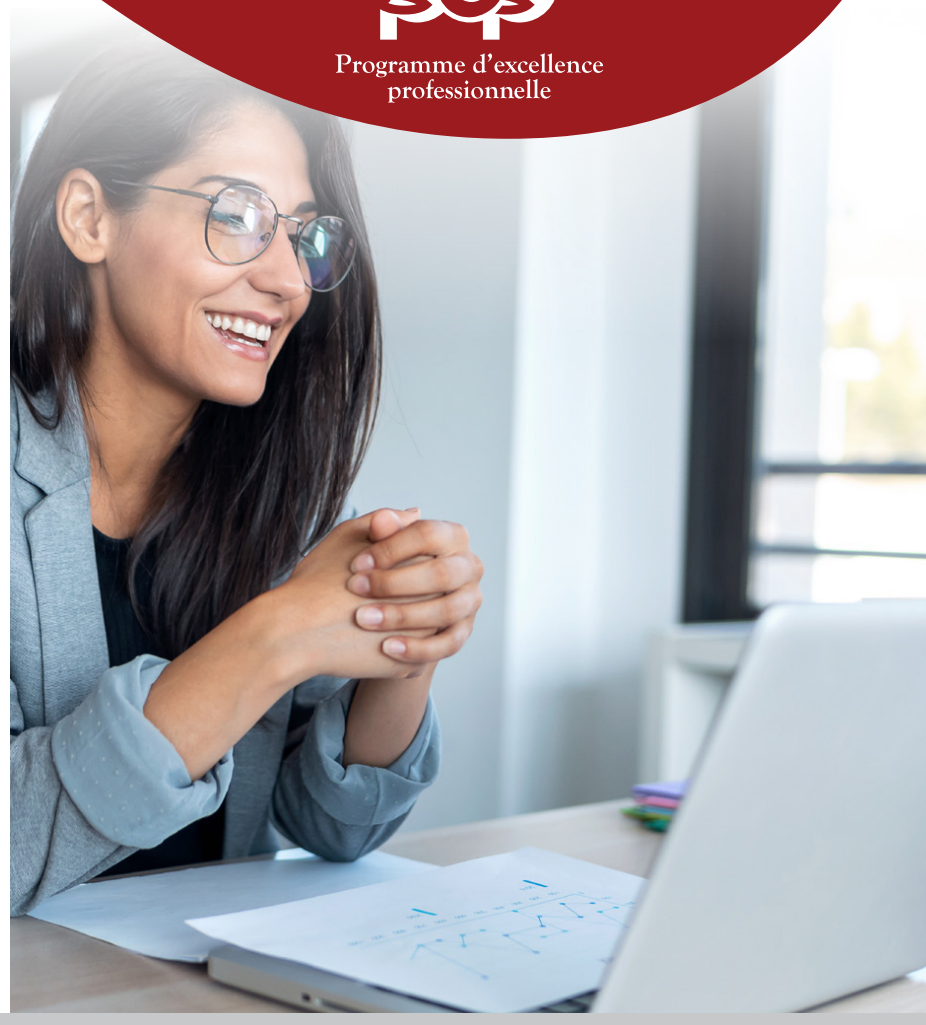


WINTER 2024



Programme d'excellence  
professionnelle



*Financial contribution from*



Health Canada Santé Canada



CONSORTIUM NATIONAL  
DE FORMATION EN SANTÉ

Volet Université d'Ottawa

La présente initiative a été rendue possible grâce  
à la contribution financière de Santé Canada.

[cnfs.ca](http://cnfs.ca)



*Conferences will be held in French only*

The **PROFESSIONAL EXCELLENCE PROGRAM (PEP)** led by the CNFS – Volet Université d'Ottawa provides French-language continuing education in various health fields and aims to:

- ▶ improve daily practices of professionals in Francophone minority communities
- ▶ foster exchanges among health professionals

**Registration free of charge :**

cnfs.ca under the tab Professionnels - Conférences.

**NOTE**

Conferences are held from 12:00 noon to 1 p.m. (Eastern Time).

Please make sure to adjust according to your time zone.

The Consortium national de formation en santé (CNFS) is a pan-Canadian group of sixteen universities and colleges that offer French-language education in various health disciplines.

The University of Ottawa is one of sixteen university and college partners that constitute the CNFS.



**January 18, 2024**

**A history of medical cannabis and new perspectives**

**MICHELLE DION, MD**  
Family Physician  
University of Alberta, Saint-Jean Campus

- ▶ Describing new laws pertaining to cannabis possession and use
- ▶ Understanding cannabis mechanisms of action
- ▶ Defining potential directions for medical cannabis use
- ▶ Identifying health risks of cannabis use



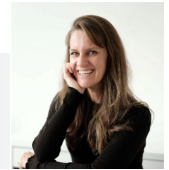
**LEIKAR LAM**  
Student  
University of Alberta, Saint-Jean Campus



**February 7, 2024**

**Facing mental health challenges together with (self)compassion**

**ROXANE DE LA SABLONNIÈRE, Ph. D.**  
Full Professor  
University of Montréal



**MARINE MIGLIANICO, M.PS, Ph.D(C)**  
Clinical Psychologist  
Clinique de psychologie positive, HEC Montréal

- ▶ Understanding current social changes
- ▶ Describing the psychological impact of social changes with respect to emotions
- ▶ Developing strategies leading to the improvement of individual and collective wellbeing with (self)compassion



**March 5, 2024**

**Cultural security: experiencing contact differently**

**NORA ABIBSI, M.Sc.S., PHT**  
Clinical Counsellor  
Cree Board of Health and Social Services of James Bay

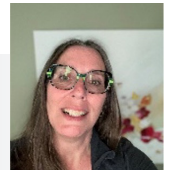
- ▶ Defining cultural security
- ▶ Understanding the three dimensions of cultural security (and insecurity)
- ▶ Acquiring tools to better progress toward cultural security practice



**April 16, 2024**

**Fall prevention, where to begin?**

**JENNIFER O'NEIL, PHT, Ph. D**  
Physiotherapist and Assistant Professor  
University of Ottawa



**ANNIE BOUDREAU, PHT**  
Physiotherapist  
Vitalité Health Network

- ▶ Recognizing the importance of prevention and identifying risk factors for falls
- ▶ Describing the program Marche vers le futur and its impact within Francophone communities
- ▶ Describing and developing strategies for successful implementation in your locality

