



# Canadian Educators Conference on Mental Health

TORONTO | 2018

The International Centre November 8-9



2018  
**Conference Program**

[www.cecmmh.ca](http://www.cecmmh.ca)



### **Dr. Jean Clinton**

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is also a senior scientist at the INCH (INfant Child Health) Lab at McMaster University. In addition, she is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for almost 30 years. Dr. Clinton was recently appointed as an education advisor to the Premier of Ontario and the Minister of Education. Dr. Clinton is renowned locally, provincially, nationally, and more recently internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.



### **Dr. Amy Cheung**

Dr. Amy Cheung is an Associate Professor in the Department of Psychiatry, University of Toronto and is on staff at the Mood and Anxiety Disorders Program at Sunnybrook Health Sciences Centre. Dr. Cheung is an adolescent psychiatrist and works clinically with youth with mood and anxiety disorders. Dr. Cheung conducts research in the management of mood disorders in adolescents and young adults by primary care providers, and the transition between high school and post-secondary education for youth with mental illness. Dr. Cheung holds the Bell Canada Chair in Adolescent Mood and Anxiety Disorders. She is currently heading a North American collaborative examining barriers to the appropriate diagnosis and treatment of adolescent depression in the primary care setting. This collaborative project includes the development and dissemination of guidelines for the management of depression in this population. Dr. Cheung is also examining the prevalence of adolescent depression and suicide in the Canadian population and factors influencing service utilization.



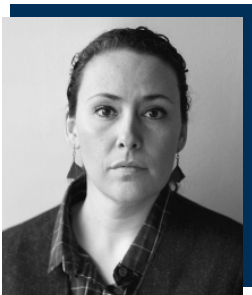
### **Dr. Kwame McKenzie**

Dr. Kwame McKenzie is CEO of the Wellesley Institute. He is an international expert on the social causes of mental illness, suicide and the development of effective, equitable health systems. As a physician, psychiatrist, researcher and policy advisor, Dr. McKenzie has worked to identify the causes of mental illness and in cross-cultural health for over two decades. He is an active, funded researcher of social, community, clinical and policy issues and has nearly 200 academic publications including four books. In addition to joining the Wellesley Institute as CEO in March 2014, Dr. McKenzie is Medical Director responsible for Dual Diagnosis, Child Youth and Family and Geriatric Services and Director Health Equity at CAMH. Dr. Kwame is a full Professor and the Co-Director of the Division of Equity Gender and Population in the Department of Psychiatry, University of Toronto. Dr. McKenzie is President of the Canadian Mental Health Association, Toronto, and sits on the Board of the United Way Toronto.



### **Dr. Kathy Short**

Kathy Short is a Clinical Child Psychologist with research and practice interests in school mental health promotion, knowledge mobilization, and implementation science. She is Director for School Mental Health ASSIST, a provincial implementation team supporting the uptake and sustainability of evidence-based promotion and prevention programming in schools. Dr. Short has served on several provincial advisory groups, including the Student Well-Being Advisory Committee for the Ministry of Education, and the Mental Health and Addictions Leadership Advisory Council for the Ministry of Health and Long-term Care, and is involved in several national projects. She co-chairs the School Mental Health International Leadership Exchange (SMHILE), a network of global leaders focused on key themes in mental health promotion.



### **Benny Michaud**

Benny Michaud is an ayahkwew (Two-Spirit), Eagle Clan, Michif person currently living in Ottawa and working as Acting Assistant Director for Carleton University's Center for Indigenous Initiatives. Originally from Winnipeg, her families' traditional territory extends from St. Boniface to Qu'Appelle Valley, Saskatchewan. Having worked in both education and mental health sectors she has worked throughout her career to support Indigenous youth. She is a skabewus, President of the Ottawa Region Metis Council, a community organizer and committed to creating safer spaces for Two-Spirit youth in ceremony.



The International Centre November 8-9

“ In any given year, 20 percent of Canadians experience a mental health or addiction problem. Unfortunately, roughly half of these people will never seek help because of the stigma that surrounds mental illness and of the people who do seek help only half of them will find a viable solution. More needs to be done to educate on this topic and who better to do this than our teachers. As Canadians we benefit from spending a good portion of our lives with teachers and the Educators Conference is an excellent vehicle to provide these people with the tools they need to equip the next generation with the knowledge that will eventually stamp out stigma and improve the lives of Canadians living with mental illness. ”

— Daniel McCarthy  
Lundbeck Canada Inc.

“ The Mood Disorders Society of Canada is committed to providing the very best experts in the field of Mental Health for Youth so that our Educators can continue to make a difference in the classroom and schools. ”

— Dave Gallson  
National Executive Director  
Mood Disorders Society of Canada

## OUR INVITATION

The Mood Disorders Society of Canada is pleased to invite your organization to participate in the 3rd annual CANADIAN EDUCATORS CONFERENCE ON MENTAL HEALTH. This conference is being held at The International Centre in Toronto, Ontario – November 8-9, 2018 – watch our website [www.cecmmh.ca](http://www.cecmmh.ca) for more information and updates.

We are bringing together 300+ educators and school board leaders to discuss mental health issues, learn about the latest research and best practices, and distribute tools, techniques and action plans to implement in their daily work with students!

We look forward to you joining us in Toronto for this leading-edge conference!

## WHO SHOULD ATTEND

This program is tailored for – Teachers, Support Staff, Principals, Vice Principals, Administrators, Guidance Counsellors, Superintendents, Directors and Trustees.

## WHY YOU SHOULD PARTICIPATE

- Network with educators and school staff from across Canada.
- Today's students are tomorrow's work force - help ensure they receive the latest mental health tools and resources to remain healthy!
- Build relationships in a NEW and unique forum.

**Thursday, November 8**

7:45 am – 8:30 am

**COFFEE and REGISTRATION**

8:30 am – 8:45 am

**OPENING CEREMONIES**

8:45 am – 9:45 am

**OPENING KEYNOTE**

Dr. Jean Clinton BMus MD FRCP(C), Clinical Professor McMaster University  
Department of Psychiatry and Behavioural Neurosciences

**Youth Mental Health: What We Know and What We Need To Do**

Dr. Jean Clinton will share with delegates the latest survey results from the School Mental Health Survey and Ontario Child Health Survey. Given the latest information, Dr. Clinton will zero in on what we currently know about Youth Mental Health in Canada and the challenges we are facing. She then will engage delegates in clear direction as where we need to go and how we should get there.

9:45 am – 10:00 am

**STUDENT TESTIMONIAL**

**Subject Area #1**

**SUICIDE AND OUR YOUTH**

10:00 am – 11:00 am

**Suicide in Youth**

Dr. Amy Cheung – Sunnybrook Health Sciences Centre

Suicide is the second leading cause of death of young Canadians. Dr. Amy Cheung will highlight the risk factors for suicide in youth and what educators can do to assist students at risk for suicide in the educational setting. This keynote will provide strategies for educators to use in their current work locations.

11:00 am – 11:15 am

**NETWORKING BREAK**

11:15 am – 12:15 pm

**SUICIDE AND OUR YOUTH**

CONCURRENT WORKSHOPS | **1A – 1C**

**1A HEADSTRONG: Empowering Youth to Fight Stigma Across Canada**

Bob Heenev – Mental Health Commission of Canada

HEADSTRONG is the Mental Health Commission of Canada's (MHCC) evidence-informed national youth anti-stigma initiative. Regional HEADSTRONG summits are held in communities across Canada where ALL Canadian students, with the support of school based mentors, become inspired to lead anti-stigma health and wellness activities in their schools. Contact-based education and action planning are the key ingredients of a HEADSTRONG Summit. When students spend a day with resilient speakers who share their personal stories, myths and stereotypes are challenged and our students understand that recovery can happen and early intervention is key. Program evaluations show it is indeed effective at reducing stigma, and that high fidelity to the program is correlated with more positive attitudinal outcomes.

**Thursday, November 8** | continued

11:15 am – 12:15 pm

**1B Understanding Suicidality**

Dr. Yvonne Bergmans – Suicide Intervention Consultant, St. Michael's Hospital

Join Dr. Yvonne Bergmans to learn about the importance of language when talking about suicide and its prevention. Dr. Bergmans will provide educators with ways to engage and respond to students on the topic of suicide thoughts and attempts.

**1C The Role of Collaborative Community Partnerships in Assisting High Risk Students with Suicidal Ideation**

Charysse Pawley – Mental Health Lead and Supervisor of Social Work/Attendance Counselling, GECSDB

Today's students live in a high stress society dominated by social media. With an estimated one in four students experiencing mental health issues, it is not surprising that many students present within our schools with suicidal ideation. In order to ensure the safety of our students, multifaceted approaches to prevention are required. These include education of school staff, establishing community protocols with mental health agencies regarding communication, and establishing responsive care pathways. The importance of developing capacity within the school board and community to ensure the best possible outcomes and a supportive school environment will be discussed.

12:15 pm – 1:15 pm

**LUNCH in EXHIBITS**

1:15 pm – 1:30 pm

**Elephant in the Room** | Mood Disorders Society of Canada

**Subject Area #2**

**YOUTH AND MENTAL HEALTH: A VARIETY OF CHALLENGES**

1:30 pm – 2:30 pm

**How to Promote Mental Health in Our Diverse Youth Population**

Dr. Kwame McKenzie – Centre for Addiction and Mental Health

As an international expert on the social causes of mental illness, suicide and the development of effective, equitable health systems, Dr. McKenzie will draw on his expertise as a physician, psychiatrist, researcher and policy advisor, to speak about the need for greater emphasis on increasing mental health and well-being among children and youth in schools. He will share the need and expectation that as educators, we must create an environment that protects mental health and fosters development of emotional intelligence.

2:30 pm – 2:40 pm

**STRETCH BREAK**

2:40 pm – 3:40 pm

**YOUTH AND MENTAL HEALTH: A VARIETY OF CHALLENGES**

CONCURRENT WORKSHOPS | **2A – 2C**

**2A Mindfulness Matters for Mental Health**

Dr. Eva-Maria Hahler, C.Psych. – Toronto District School Board

Mindfulness is paying attention to what is happening in the present moment, without judgment. Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based group therapy for preventing depressive relapse and reducing acute depression, anxiety and stress. Participants will be provided with a brief overview and introduced to other mindfulness-based programs to increase staff health. In addition, the implementation and benefits of mindfulness programs in elementary classrooms will be discussed.



**Thursday, November 8** | continued

2:40 pm – 3:40 pm

**2B Toward a Better Understanding of New Canadian Students' Experience of Traumatic Stress: Creating a Welcoming and Supportive School Environment**

Dr. Lindsey S. Jaber, C.Psych – Greater Essex County District School Board

The complex histories of many Syrian Refugee students who attend our schools has highlighted the need for educators to understand the impact of traumatic experiences and how to create a welcoming and supportive school environment. Prior to arriving in Canada, these students have often been exposed to chronic, severe and varied forms of trauma, including violence and the experience of living in refugee camps while attempting to flee their country of origin. After arriving in Canada, these students begin attending school - often for the first time in their lives. Language, culture and expectations now differ profoundly from their previous experiences. The purpose of this workshop is to provide an overview of trauma and traumatic stress, to discuss the specific impact of trauma on New Canadian/Refugee students, and to outline the ways in which educators can best support these students within our schools.

**2C Sleep: Our Journey to Have Our Students Sleep More (And Not In Class!)**

Dr. Sharon Pyke, Superintendent of Student Well-Being – Greater Essex County District School Board

Our school climate survey noted that the older our students get, the less sleep they report having each night. The research clearly delineates the causes, outlines solution for youth and how we, as the adults, can support them in their quest for the quantity and quality of their sleep. This workshop will examine research on sleep highlighting quality/quantity, factors that adolescents can control, risk factors, and possible solutions, including an analysis of later bell times. This presentation will make reference to student voice, SHSM projects, school based campaigns, and board based campaigns for both students and staff.

3:40 pm – 4:30 pm

**NETWORKING RECEPTION in EXHIBITS**





Friday, November 9

7:00 am – 8:00 am

COFFEE in EXHIBITS

8:00 am – 8:15 am

WELCOME BACK and REVIEW OF DAY ONE

8:15 am – 8:30 am

**Defeat Depression** | Mood Disorders Society of Canada

**Subject Area #3**

**SUPPORTING STUDENT MENTAL HEALTH**

8:30 am – 9:30 am

**Sometimes It's The Little Things**

Dr. Kathy Short – School Mental Health ASSIST

Mental health is a complex topic and sometimes it can feel overwhelming. Canadian survey data suggests that educators want to help, but that they are not sure of their role in this work, and often feel ill-equipped to support students who are experiencing mental health problems. Educators are not mental health professionals, but they do have an important role to play in promoting positive mental health and well-being, noticing when students are struggling, and offering compassion and support. There are programs and evidence-based strategies available to help educators with this role. But sometimes it's the little things that educators do each day that can make a big difference. This session will offer insights and practical strategies that educators can use to help to promote mental health as part of daily life at school.

9:30 am – 9:40 am

STRETCH BREAK

9:40 am – 10:40 am

**SUPPORTING STUDENT MENTAL HEALTH**

CONCURRENT WORKSHOPS | **3A – 3C**

**3A Mental Health Leadership: TIPS for School and System Leaders**

Dr. Kathy Short – School Mental Health ASSIST

There are many excellent evidence-based programs and approaches that can enhance student mental health and well-being at school. However, without specific and sustained leadership, high-quality programming will not be maintained over time, and may not reach the students who need this the most. School and system leaders create the conditions for effective embedded practices that promote student mental health. This workshop will highlight ideas and strategies to support leaders in their unique and important role, with particular focus on school mental health leadership **TIPS**: Tiered system of support, Implementation science principles, Pillared support, and use of Scalable and Sustainable approaches. This interactive session will draw on the strength of experience amongst participants, in the hopes of building connections and ongoing opportunities for sharing across schools, districts, regions, and provinces.

**3B How Harry Potter and CBT Can Help Students Mental Health**

Dr. Mark Synor – Sunnybrook Health Sciences Centre

Dr. Donaleen Hawes, Superintendent – Catholic District School Board of Eastern Ontario

The Catholic District School Board of Eastern Ontario is working on an exciting project with Dr. Mark Sinyor at Sunnybrook Hospital. Grade 7 and 8 students are learning about, reflecting on and discussing mental health using a Harry Potter novel and a CBT framework and guiding questions. The project is designed to promote understanding and discussion of how thoughts, emotions and behaviour influence/impact each other. The teachers and students share the power and incredible impact this unit and approach has had on the students' understanding of anxiety, depression, fear hierarchies, core beliefs and cognitive distortions and how they are explored in a meaningful and engaging way.

**Friday, November 9** | continued

9:40 am – 10:40 am

**3C Fighting Stigma, Finding Community: LGBTQ + Youth and Mental Health**

Ilana David, Social Worker – Gender Based Violence Prevention, Toronto District School Board

Gaela Mintz, Social Worker – Gender Based Violence Prevention, Toronto District School Board

Too many LGBTQ+ youth face multiple barriers that increase their chances of experiencing mental health issues, in addition to facing stigma for their sexual and gender identities. Schools and educators are in a unique position to provide supportive and affirming spaces to help support improved mental health outcomes for youth. Learn about some of the challenges LGBTQ+ youth might face in our systems, and what we can do to help support positive, healthy outcomes for all our students.

10:40 am – 11:00 am

**BREAK in EXHIBITS**

11:00 am – 11:15 am

**STUDENT TESTIMONIAL**

**Subject Area #4**

**INDIGENOUS MENTAL HEALTH**

11:15 am – 12:15 pm

**All Our Relations: Wahkootowin and Indigenous Student Wellbeing**

Benny Michaud, Assistant Director, Center for Indigenous Initiatives – Carleton University

Wahkootowin is a Cree and Michif concept that speaks to our mutual responsibility to one another and to our community as a whole. In academic institutions Indigenous students have long relied on wahkootowin to survive, endure, and to achieve success. Despite this, the challenges facing Indigenous students continue to require strategies which will nurture, maintain and improve wellbeing. This talk will examine Indigenous concepts of health and wellbeing and the significant role that culture-based learning has in supporting it. Also explored, will be why wahkootowin is regarded by many Indigenous educators as a central means to promote Indigenous student wellbeing and resiliency.

12:15 pm – 1:00 pm

**LUNCH in EXHIBITS**

1:00 pm – 2:00 pm

**INDIGENOUS MENTAL HEALTH**

**CONCURRENT WORKSHOPS | 4A – 4D**

**4A Sources of Strength: Indigenous Perspectives in the Classroom**

Benny Michaud, Assistant Director, Center for Indigenous Initiatives – Carleton University

Indigenous ways of teaching and learning are increasingly being brought into mainstream classrooms. As educators become more aware of the importance of incorporating Indigenous perspectives in curriculum, strategies need to be developed to support teachers. This workshop will look at promising practices around respectfully and appropriately bringing Indigenous content into the classroom.

**4B Indigenous Mental Health Workshop**

Marian Lawson-Macdonald, Indigenous Ed Coordinator – Catholic District School Board of Eastern Ontario

This workshop will explore practical strategies for integrating Indigenous culture, history and perspective into our schools that support wellness for all. Successful initiatives happening in schools will be showcased; initiatives that are succeeding in empowering both students and staff through leadership opportunities, increased cultural understanding and most importantly, relationship-building with our community partners. Impact from these initiatives will be underlined through the integration of student, educator and community partner voice.





**Friday, November 9** | continued

1:00 pm – 2:00 pm

**4C Engaging Youth in Anti-Stigma Initiatives**

Diane Mullane, Mental Health Leader – Durham Catholic District School Board

Pamela Garant, Secondary School Teacher – Durham Catholic District School Board

One in five Canadians will experience a mental health problem or illness every year. Despite how common it is, mental illness continues to be met with widespread stigma, which is a major barrier to recovery. While change is happening gradually, we still have a long way to go in eliminating the stigma surrounding mental illness. To make this happen requires the collective effort of all of us, including youth. Adolescents are one of the best targets for anti-stigma campaigns (Corrigan et. al., 2005) as it is during this developmental period that foundations are laid for adult attitudes and beliefs. When we engage youth directly in the development and implementation of anti-stigma initiatives, it not only empowers them but it creates buy-in from other youth. The focus of this workshop will be on sharing various youth anti-stigma initiatives that are integral to the Durham Catholic District School Board's Mental Health Strategy, as well as youth-led "Stomping out Stigma" initiatives at one specific Secondary School within the board.

2:00 pm – 2:15 pm

**STRETCH BREAK**

2:15 pm – 3:00 pm

**DIRECTORS OF EDUCATION PANEL**

Mr. John Cameron, Director of Education – Catholic District School Board of Eastern Ontario

Ms. Anne O'Brien, Director of Education – Durham Catholic District School Board

Ms. Erin Kelly, Director of Education – Greater Essex County District School Board

Dr. John Malloy, Director of Education – Toronto District School Board

3:00 pm – 3:10 pm

**CLOSING REMARKS**

SAFE TRAVELS HOME !





# Canadian Educators Conference on Mental Health

## SPONSORSHIP SUPPORT

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### Titanium



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**SCHOOL MENTAL HEALTH-ASSIST**  
ÉQUIPE D'APPUI POUR LA SANTÉ  
MENTALE DANS LES ÉCOLES

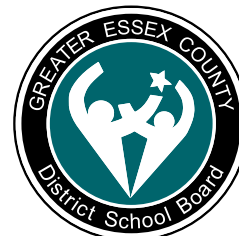
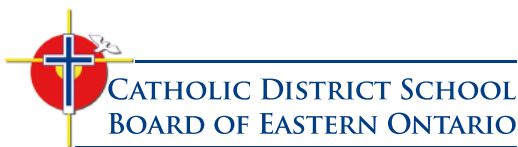
### Bronze



Mental Health  
Commission  
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Commission de  
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### Host Boards



**Mood Disorders Society of Canada**  
Société pour les **troubles de l'humeur** du Canada

## QUESTIONS

### Please contact:

Heather Reid  
Innovative Conferences & Communications  
P.O. Box 319, 59 Millmanor Place  
Delaware, ON N0L 1E0  
Email: [hreid@innovcc.ca](mailto:hreid@innovcc.ca)



## CONFERENCE VENUE

THE INTERNATIONAL CENTRE  
6900 Airport Rd., Mississauga, ON L4V 1E8  
Toll free: 1-800-567-1199  
[www.internationalcentre.com](http://www.internationalcentre.com)

### Registration Fees Include:

- nutrition – as noted in agenda
- all printed materials

### Registration Fees:

- Early registration | \$ 399.00 – on/before June 30, 2018
- Regular registration | \$ 495.00 – on/after July 1, 2018
- When registering 6 people at one time – the 6th registration is 50% off
- When registering 11 people at one time – the 11th registration is 100% off

### Special Notes:

- delegate name and provided address will be shared with organizers and exhibitors
- business casual dress is required
- our conference is fragrance free
- unless previously sold out, the cut-off date for registrations is NOVEMBER 2, 2018.

### Cancellation / Substitution Policy:

- cancellations will be refunded less 20% administration fee with notice of cancellation being received at Innovative Conferences and Communications, no later than OCTOBER 12, 2018. No refunds will be issued after this date.
- substitutions may be made but notice must be received at Innovative Conferences and Communications, no later than NOVEMBER 2, 2018.
- Canadian Educators Conference on Mental Health 2018 reserves the right to make appropriate program changes as deemed necessary and/or cancel events due to circumstances beyond its control. In the event of cancellation of the conference, only registration fees will be refunded.

### Confirmation of Receipt of Registration:

Registrants will be able to print their confirmation and receipt upon completion of registration online for the Canadian Educators Conference on Mental Health 2018. If you have mailed or emailed in your registration, and have not received an emailed confirmation of registration within 3 weeks, please contact – [hreid@innovcc.ca](mailto:hreid@innovcc.ca)

### Travel and Accommodations:

For further details please visit:

[www.cecmh.ca](http://www.cecmh.ca)





Please print and complete this form and send it to Canadian Educators Conference on Mental Health using one of the following options:

**Email:** hreid@innovcc.ca

**Mail:** CECMH 2018  
c/o Innovative Conferences & Communications  
PO Box 319, 59 Millmanor Place, Delaware, ON, N0L 1E0

**Register & Pay ON-LINE at:**

**www.cecmh.ca**

**REGISTRATION CLOSING – November 2, 2018**

REGISTRATION will NOT be processed until both REGISTRATION FORM and FULL PAYMENT are received at Innovative Conferences & Communications offices.

NAME - as it will appear on name badge	HOME ADDRESS
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PLEASE NOTE ANY SPECIAL DIETARY RESTRICTIONS (vegetarian, food allergies etc.) \_\_\_\_\_

SPECIAL ACCESSIBILITY REQUIREMENTS \_\_\_\_\_

**CONFERENCE RATES**

**EARLY** - postmarked or received ON-LINE on or before **June 30, 2018**

**REGULAR** - postmarked or received ON-LINE on or after **July 1, 2018**

	EARLY RATE	REGULAR RATE
<b>FULL CONFERENCE:</b> THURSDAY November 8 and FRIDAY November 9	<b>\$ 399.00</b>	\$ 495.00

REGISTER 6 people at one time – the 6th registration is 50% off  
REGISTER 11 people at one time – the 11th registration is 100% off

**WORKSHOP CHOICES**  
Please choose only one workshop from each category.

THURSDAY November 7  
**Suicide and Our Youth**  
 1A  1B  1C  
**Youth and Mental Health: A Variety of Challenges**  
 1A  1B  1C

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FRIDAY November 8  
**Supporting Student Mental Health**  
 1A  1B  1C  
**Indigenous Mental Health**  
 1A  1B  1C

**SUMMARY OF PAYMENT SUBMITTED**

**FULL CONFERENCE**  
**Registration Fee:** \$ \_\_\_\_\_  
*includes Thursday and Friday Program*

**TOTAL AMOUNT SUBMITTED**  
**Canadian Funds** \$ \_\_\_\_\_

**PAYMENT OPTIONS**

**Cheque** - Please note the cheque is payable to the **Mood Disorders Society of Canada** (re: CECMH 2018 Conference)  
NO POST DATED CHEQUES - \$30.00 administration fee will be charged on all NSF cheques

Card #

3 digit CCV number on back of card

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