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CANADIAN HERB CONFERENCE



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If you need more technical support, email us at herbconference@gmail.com

We will do our best to get to your request within 15 minutes.

Thursday | *Day One*

November 14th

3:00 pm - 3:30 pm

Welcome

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

3:30 pm - 6:00 pm

Presenter Introductions

All Presenters

6:00 pm - 6:15 pm

Introduction

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

6:15 pm - 7:45 pm

Keynote Presentation

Chanchal Cabrera, Paul Bergner



Friday | *Day Two*

November 15th

8:10 am - 8:30 am
Channel 2

Movement Meditation

Susan Horning

8:30 am - 9:00 am
Channel 1

Morning Circle & Announcements

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

9:15 am - 10:30 am
Channel 1

**The Herbal Signature: the most significant
element in a herbal formula**

Savayda Jarone

9:15 am - 10:30 am
Channel 2

**The Nuance of Herbal Medicine: The
Anodynes, Herbal Medicine and Pain**

Abrah Arneson

9:30 am - 10:00 am
Channel 3

The Small Dose

Tamara Segal

10:00 am - 10:30 am
Channel 3

**Feeling the Embrace of the Lion's Heart:
Motherwort Profile**

Tatum Andrews

10:30 am - 11:00 am
Channel 3

**Down to the Very Fibre: Herbal and Holistic
Approaches to Addressing Uterine Fibroids**

Cara Gwizd

10:45 am - 12:00 pm
Channel 1

The Growing Edge of Myco-Medicinals

Yarrow Willard

10:45 am - 12:00 pm
Channel 2

**Case Study Review: Opiate Addiction,
Insomnia and Hypertension**

Ember Peters

11:30 am - 12:00 pm
Channel 3

How to Find Clients without Social Media

Camille Freeman



12:00 pm - 12:30 pm
Channel 3

Making Moxa

Fiona Lampman

12:00 pm - 12:45 pm

Lunch

12:45 - 2:00 pm
Channel 1

Panel - What I Wish I Knew When I Started Practice

Colleen Emery, Ember Peters, Savayda Jarone, William Morris

2:15 pm - 3:30 pm
Channel 1

Research Skills for Herbalists: finding and interpreting data for clinical practice

Chanchal Cabrera

2:15 pm - 3:30 pm
Channel 2

Mold Illness and Herbal Medicine

Dr. Christina Weir

2:30 pm - 3:00 pm
Channel 3

Creating a Trauma Aware Herbal Practice

Marie Zak & Travis Cartwright

3:00 pm - 3:30 pm
Channel 3

Weaving with Ivy - *Hedera Helix*

Kaitlyn Beugh

3:30 pm - 4:00 pm
Channel 3

Floriograpy - Language of Flowers

Savayda Jarone

3:45 pm - 5:00 pm
Channel 1

Alternatives to Polypharmacy in Conditions of Neurologic Impairment: Medication Alternatives for Patients with Neurologic Injury

Dr. Kenneth Proefrock

3:45 pm - 5:00 pm
Channel 2

Our Hearts Opening: Look at the Tongue in Clinical Assessment

Tiffany Harper

4:00 pm - 5:00 pm
Zoom

Herbal Circle

Yarrow Willard



5:00 pm - 5:15 pm
Channel 1

Pre-Dinner Remarks

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

5:15 pm - 6:00 pm

Dinner

6:00 pm - 7:30 pm
Channel 1

Panel - Herbal Mentorship

Alina Baker, Colleen Emery, Abrah
Arneson, Larken Bunce, Katolen Yardley

7:35 pm - 8:00 pm
Channel 2

Weird Plant Stories

Abrah Arneson

Saturday | Day Three

November 16th

8:30 am - 9:00 am
Channel 2

Qi Gong

Tristan Ford

9:00 am - 9:10 am
Channel 1

Welcome

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

9:15 am - 10:30 am
Channel 1

**Our Grandmother's Medicines: Herbs that
Hold us During Grief**

Cara Gwizd

9:15 am - 10:30 am
Channel 2

When Life Gives You Lemons

Chanchal Cabrera

10:00 am - 10:30 am
Channel 3

Terrific Topicals: Herbs from the Outside in

Susan Horning

10:30 am - 11:00 am
Channel 3

Encephalitis Lethargica

Rositsa Bogdanova



10:30 am - 11:00 am Channel 3	Filbelly Forest Berry Walk	Sarah Orlowski
10:45 am - 12:00 pm Channel 1	Creating a Barrier Free, Reciprocal Space with Student Clinic Experiences	Colleen Emery
10:45 am - 12:00 pm Channel 2	Anxiety: Materia Medica, Mechanisms, and Strategies	Paul Bergner
11:00 am - 11:30 am Channel 3	Plant Life Cycles and Medical Astrology	William Morris
12:00 pm - 12:45 pm	Lunch	
12:45 pm - 2:00 pm Channel 1	Panel - Postpartum Herbal Health	Sheena Bradley, Tiffany Harper, Lindsay Hounslow
2:15 pm - 3:30 pm Channel 1	Physical Assessment for Teleconsultations	William Morris
2:15 pm - 3:30 pm Channel 2	Understanding and Addressing HPA Axis Deregulation	Laura Clemmons
2:30 pm - 3:00 pm Channel 3	Balsamroot	Patrick Kooyman
3:00 pm - 3:30 pm Channel 3	Solidago: Reconnecting the Fragmented	Tamara Segal
3:30 pm - 4:00 pm Channel 3	Inner City Herbalist: Cultivating Connection in Urban Nature	Tiffany Harper



3:45 pm - 5:00 pm
Channel 1

**Fascia and Physical Reality: Sensory
Integration, Pleasure, Pain and Psychology**

Dr. Kenneth Proefrock

3:45 pm - 5:00 pm
Channel 2

Green Seed Medicine

Tamara Segal

4:00 pm - 5:00 pm
Zoom

Herbal Circle

Colleen Emery

5:00 pm - 5:15 pm
Channel 1

Pre-Dinner Remarks

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

5:15 pm - 6:00 pm

Dinner

6:00 pm - 7:30 pm
Channel 1

Panel - Art of the Clinical Intake

Paul Bergner, Terry Willard,
Chanchal Cabrera, Bev Maya

7:35 pm - 8:00 pm
Channel 2

Herbal Storytelling

Stephen Taylor

Sunday | *Day Four*

November 17th

7:35 am - 8:00 am
Channel 2

Morning Energizer: The Moon Salutation

Angela Bewick

8:00 am - 8:50 am
Channel 2

Panel - Provincial Updates

Tatum Andrews, Savayda Jarone,
Amber Shute, Lianna Vargas, Oren
Hercz.

8:50 am - 11:00 am
Channel 1

Panel - World of Herbs

Chanchal Cabrera, Savayda Jarone, Phil Rasmus-
sen, Dr. Craig Wright, Dr. Rosarie Kingston, Han-
nah Boyd, Vilma Matuleviciute, Natasha Lloyd



11:15 am - 12:30 pm
Channel 1

Tongues, Tongues, Tongues

Stephen Taylor

11:15 am - 12:30 pm
Channel 2

The Transformative Power of Perimenopause

Camille Freeman

11:15 am - 11:45 am
Channel 3

Using Canva to Create Professional Graphics

Denise Cusack

11:45 am - 12:15 pm
Channel 3

Foraging 101

Alicia Meek

12:15 pm - 12:45 pm
Channel 3

An Ode to Rosemary: Bridging Folk Wisdom and Modern Clinical Insights

Hannah Forest

12:30 pm - 1:30 pm

Lunch

1:30 pm - 2:45 pm
Channel 1

Identifying East Asian Herbs in Your Garden

Robyn Klein

1:30 pm - 2:45 pm
Channel 2

Herbal Treatment of Anxiety Disorders & ADHD

Phil Rasmussen

3:00 pm - 4:15 pm
Channel 2

Effective Community Outreach: Leveraging Mutual Aid Models

Denise Cusack

3:00 pm - 4:15 pm
Channel 1

In It for the Long-Haul: Ecosomatics for Self-Care

Larken Bunce

3:00 pm - 4:00 pm
Zoom

Herbal Chat Circle

Chanchal Cabrera



4:15 - 4:30 pm
Channel 1

Closing Remarks

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

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Thursday - Day One **At Home Apothecary**
Nov. 15th

Friday - Day Two **Favourite Beverage**
Nov. 16th

Saturday - Day Three **Favourite Presenter or Quote**
Nov. 17th

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Take Our Herb Nerd Quiz:
herbconference.com/herbnerdquiz/
Closes Saturday Nov 16 at midnight PST

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Prizes:
~2 - 2025 Resilience Conference Passes

Winners announced at the Closing Circle.

