

#IAmSahraBulle Conference 2025
Wednesday, November 26, 2025
University of Windsor, Vanier Hall
9:00 AM – 3:00 PM

CONFERENCE OPENING
Katzman Lounge, Vanier Hall
(Open to everyone)

9:00AM – 9:30AM

Registration and Networking

9:30AM – 9:45AM

Welcome, Opening Remarks, Land Acknowledgement and Content Forecast

9:45AM – 9:50AM

Poetry Reading: A Celebration in Honour of Sahra Bulle

Presenter: Mbonisi Zikhali Zomkhonto

A collective moment of reflection through poetry, celebrating Sahra's legacy and the spirit of community resilience.

9:50AM – 10:00AM

Brave Voices, Kind Hearts: Empowerment Through Assertiveness and Self-Compassion

Presenter: Michelle Weglarz

Participants will explore practical tools that strengthen assertiveness and self-compassion—powerful skills for preventing and healing from IPV.

10:00AM – 10:15AM

Student Presentation

Presenter: Suaad Amam and Yashuda Karki

In this student-led presentation, we explore how our words and actions online carry the same weight as those spoken face-to-face. Through real examples, this

presentation challenges the myth of anonymity behind the screen and shows how small acts of respect can prevent lasting harm.

10:15AM – 10:50 AM

Keynote Address: Eight Minutes to Silence

Speaker: Fartumo Kusow

A powerful reflection on silence, advocacy, and storytelling as tools for justice and change.

10:50AM – 11:00AM

Transition from main conference room to presentation/workshop rooms

MORNING CONCURRENT PRESENTATIONS/WORKSHOPS

(University Club, Rose Room and Oak Room; Vanier Hall)

Participants may register for any of the three presentations or workshops. Please note that space is limited for each session, and some sessions have audience restrictions.

11:00AM – 12:00PM

Option #1:

Indigenous Lead Sharing Circle Violence in the Indigenous Communities and Commitments to End Violence by Returning to Living the Good Life & Being of Good Mind – RESTORING PEACE

(Open to everyone)

Presenters: Elayne Isaacs and Michelle Nahdee

Join Elayne and Michelle as they facilitate a Sharing Circle, an interactive and respectful expression of sharing knowledge and life experiences of the impacts of Intimate Partner Violence and family violence and their commitment to community wellness and healing. The traditional method of engaging in a sharing circle is a naturally trauma informed way to ensure all participants have an opportunity to share in a respectful reflective format. Participants that open their hearts and mind will learn about Indigenous culture, move towards allyship as they learn truths of how Canada's violent colonized history negatively impacted Indigenous women's safety.

Participants will learn what MMIWG2S, Sisters in Spirit (Feb 14th) and Red Dress Day (May 5th) mean and why these dates matter. Together participants will explore the No

More Stolen Sisters Report, the Calls to Action to stop MMIWG2S report, and reflect upon the impact of various collective national, provincial and community responses, such as the Kanawayhitowin: Taking Care of Each Other's Spirits initiatives, The Moosehide Campaign, healing ceremonies and gatherings.

Option#2:

Coercive Control in Intimate Relationships: What Is It and How Do We Spot It?

(Open to everyone)

Presenters: Dr. Patti Timmons Fritz, Dr. Kathleen Wilson, Chloë Eidlitz, Aryana Moazzami, Carol Saadeh, Kylin Shamoon, Luciana Latorre Lund and Lily Kitts

In this workshop, participants will define coercive control and discuss its subcomponents, the manner by which it is often carried out, and its relation to other forms of intimate partner violence (IPV). The presenters will also introduce a newly developed screening measure of coercive control and provide participants with opportunities to practice identifying different manifestations of coercive control in descriptions of romantic relationships.

Option #3:

Drum Circle Workshop: Rhythms of Healing and Connection

(For University and High School students only)

Presenter: Teajai Travis

An interactive, hands-on drumming session exploring rhythm as communication, reflection, and community healing.

LUNCH & NETWORKING

(Open to everyone)

12:00PM – 1:00PM

Crocodile Grill, Vanier Hall

AFTERNOON CONCURRENT PRESENTATIONS/WORKSHOPS

(University Club, Rose Room and Oak Room; Vanier Hall)

Participants may register for any of the three presentations or workshops. Please note that space is limited for each session, and some sessions have audience restrictions.

1:00PM – 2:30PM

Option #1:

Healing Beats: An Exploration of Empowerment Through Music

(Open to everyone)

Presenters: Dr. Riham Al-Saadi & Dr. Naomi Levitz

This workshop embraces the power of lyrics and music for healing. Specifically, participants will explore different genres of music and their roles in personal development, empowerment, self-expression in growth. They will have the opportunity to explore the different roles music plays in healing with a focus on melody, beat and music. Together, participants will explore the science of music on the nervous system and the potential for greater self-exploration and knowledge. They will listen to various tracks highlighted for their known ability to support emotional healing and motivation, goal setting and future change.

Option #2:

Delete Their Nudes: Technology-Facilitated Sexual Violence & Consent

(For High School students only)

Presenter: Frances Cachon

This workshop is about technology-facilitated sexual violence (TFSV), consent, and sharing nudes. Participants will discuss best practices for consent in online spaces, dating and relationships. They will also explore the various kinds of technology-facilitated sexual violence including sharing someone else's nudes without consent, sending your own nudes without consent, and showing intimate content to others without their consent. Participants will brainstorm ways to be an effective bystander when they witness TFSV. They will also talk about how to access support, and how to support a friend when they are experiencing TFSV.

Option #3:

Small Act, Big Impact: The Power of Everyday Advocacy

(Open to everyone)

Presenter: Fartumo Kusow

This workshop explores how small, consistent acts of advocacy lead to meaningful social change.

2:30PM – 2:40PM

Transition to from presentation/workshop rooms to main conference room

CONFERENCE CLOSING

(Katzman Lounge, Vanier Hall)

(Open to everyone)

2:40 – 3:00 PM

Closing Ceremony

A shared reflection and collective call to action uniting all attendees under the theme: *“If not now, then when? If not you, then who?”*