



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES



# DISCOVER

CDHA National Conference 2019  
October 3-5 | St. John's, Newfoundland & Labrador

## Conference Program



# Say Hello to the Cavitron® 300 Series Ultrasonic Scaling System

**NEW!**



There's only one Cavitron.  
Request a demo at [dentsplysirona.com/cavitron300](https://dentsplysirona.com/cavitron300)

© 2018 Dentsply Sirona Preventive  
CAV28-0818-3

THE DENTAL  
SOLUTIONS  
COMPANY™

 **Dentsply  
Sirona**

# Welcome to DISCOVER 2019

---



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

On behalf of the Canadian Dental Hygienists Association (CDHA), we would like to welcome you to our 2019 conference, **DISCOVER**, in St. John's, Newfoundland and Labrador, Canada. This conference marks 56 years of CDHA and 106 years of the dental hygiene profession.

During the conference, you will have incredible opportunities to **DISCOVER**:

- top-notch education
- research findings from leading experts
- newest offerings in oral health products from our exhibitors
- networking opportunities with colleagues from across Canada

*and more!*

Professional knowledge is a cornerstone of the board's goals for CDHA. We are delighted to provide a forum in which members can connect, learn, contribute to, and discover the growing body of knowledge that underpins the dental hygiene profession.

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

*—H Jackson Brown Jr.*

We are certain that you will enjoy the opportunity to DISCOVER, connect with colleagues, exchange ideas, and create new memories as we learn with and from each other over the next three days.



**Tracy Bowser, RDH**  
President



**Ondina Love, CAE**  
Chief Executive Officer



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

# Introducing Next Generation Colgate Total\*



Petri dish treated with  
**New Colgate Total\*** formula,  
left out overnight†

Petri dish treated  
with **saliva + water**,  
left out overnight†

†Bacteria growth after overnight incubation in an *in vitro* study.

## Help patients achieve **Whole Mouth Health**‡

**New** patented **Dual-Zinc** combined with arginine<sup>§</sup> formula

Fights plaque-causing bacteria on 100% of mouth surfaces<sup>¶1</sup> for better patient outcomes:

- ✓ Significant reductions in plaque<sup>2</sup>, gingivitis<sup>2</sup>, calculus<sup>3</sup> and malodour<sup>4</sup>

Now with sensitivity relief  
across all variants.



<sup>1</sup>Reduces bacteria in saliva and on teeth, tongue, cheeks and gums; helps prevent plaque and gingivitis, protects enamel, relieves sensitivity.

<sup>§</sup>Arginine is a stabilizing non-active excipient that enhances the flavour of the toothpaste formula.

<sup>¶</sup>Statistically significant greater reduction of cultivable bacteria on teeth, tongue, cheeks, and gums with Colgate Total\* vs. non-antibacterial fluoride toothpaste at 4 weeks, 12 hours after brushing.

**References:** 1. Prasad K, et al. *J Clin Dent* 2018;29(Spec Iss A):A25-32. 2. Delgado E, et al. *J Clin Dent* 2018;29(Spec Iss A):A33-40. 3. Seriwatanachai & Mateo, September 2016, internal report. 4. Hu D, et al. *J Clin Dent* 2018;29(Spec Iss A):A41-45.





# Thursday, October 3: Preconference

For information about Thursday's preconference sessions, see the [Program at a Glance](#) on pages 8–9

## Conference Kick-Off & Poster Presentations

5:00–9:00 pm

Lobby

### Welcome Reception & Ribbon Cutting

Help us kick off the conference in style! Join us for an official ribbon cutting at 5:00 pm to open the poster presentations and exhibit hall in the main lobby. The first 100 registrants through the doors will receive a special Newfoundland-themed gift courtesy of



### Poster Presentations

Start your journey of discovery with an evening of peer-reviewed poster presentations highlighting the latest in dental hygiene research, and speak with the investigators. Don't miss out!

#### Meet the Investigators

**Thursday, October 3 | 6:00–7:00 pm**

**Friday, October 4 | 1:00–2:00 pm**

**Admission Criteria for Canadian Dental Hygiene Programs as Predictors of Success on the National Dental Hygiene Certification Examination**

**Presenter:** Mahnoor Shahab, undergraduate dental hygiene student

**Committed to Yourself or Have Yourself Committed: Balancing Family Life with Student Success**

**Presenter:** Christine Fambely, Cert. in Health Ed, BA, MEd, HD

**Dental Hygiene In-Service Training in Long-Term Care: Comparing Different Approaches**

**Presenter:** Christine J Wooley, BSc, RDH

**Efficacy of Student Disinfection Procedures for Dental Loupe Disinfection**

**Presenter:** Denise Zwicker, DipDA, BDH, MEd

**The Impact of Peer Assessment on Dental Hygiene Students' Ability to Create Acceptable Class II Composite Restorations**

**Presenter:** Anila Hasko, BSc, MEd, RDH

**Musculoskeletal Injuries Among Dental Hygienists in Canada**

**Presenters:** Savanna Sentner, BDH; Marilyn Harris, BDH

**Oral Health Knowledge and Challenges in Jordanian Individuals with Autism: Case-Control Study**

**Presenter:** Sabha Mahmoud Alshatrat, PhD, RDH

**The Oral Health Status of Recent Refugees to Nova Scotia**

**Presenter:** Heather Doucette, DipDH, BSc, MEd

**What's the Fuss about Flossing: An Issue of Critical Thinking**

**Presenter:** Melanie Taverna, MSDH, RDH



**Join the Conversation**

#CDHAdiscover, @thecdha/thecdha



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

# OptraGate®

Retraction made easy

Request your **FREE SAMPLE** Today!

**OR** Visit the Ivoclar Vivadent booth during the CDHA National Conference for more information.

## A must have for every dental practice!

- Great for prophy cleaning, whitening procedures, sealants and varnishing treatments
- Increased access and visibility of the treatment field
- Quick and easy application

*Increase efficiency in your office with OptraGate!*

Efficient  
Esthetics



Isolate



Bond



Restore



Cure

[ivoclarvivadent.com](http://ivoclarvivadent.com)  
EXPLORE SHOP LEARN

\*Sample requests must be sent to attn: CDHA OptraGate Sample via email: [customerservice.ca@ivoclarvivadent.com](mailto:customerservice.ca@ivoclarvivadent.com) with your name, where you practice, and address. Offer expires October 31, 2019. Please allow 4-8 weeks for delivery.

©2019 Ivoclar Vivadent, Inc., Ivoclar Vivadent and OptraGate are registered trademarks of Ivoclar Vivadent, Inc.

ivoclar  
vivadent®  
passion vision innovation

# CDHA Special Events

## Welcome Reception & Tradeshow

**Thursday, October 3 | 5:00–9:00 pm**

**Exhibit Hall, Bannerman Ballroom**

**Friday, October 4 | 7:45 am–2:30 pm**

**Exhibit Hall, Bannerman Ballroom**

Sponsored by



Continue your conference experience by visiting the exhibit hall. Conference registrants are invited to mingle, enjoy a drink and hors d'oeuvres, preview the newest oral health products, and speak with company representatives.

## CFDHRE Silent Auction

**October 3–5**

**Lobby**



The Canadian Foundation for Dental Hygiene Research and Education (CFDHRE) is the only charity in Canada dedicated solely to dental hygiene research and education. In an effort to raise awareness and funds for the foundation, a silent auction will be held at the conference.

The silent auction will open on Thursday, October 3, at 5:00 pm. Final bids are required by Saturday, October 5, at 12:00 pm.

## Sunrise Breakfast:

### Journey of a Dental Hygienist

**Friday, October 4 | 6:45–8:15 am**

**Bowring 2-4**

Sponsored by

Celebrate the profession of dental hygiene at the Crest + Oral-B Sunrise Breakfast. You'll be empowered and inspired by our panel presentation and will leave feeling [#hygienistproud](#). *(preregistration required)*

### Panel presenters:

- Jennifer Turner, RDH, practice management and dental hygiene coach
- Kathleen Bokrossy, RDH, professional development and continuing education
- Shana Ewart, RDH, corporate and dental industry liaison

## Product Showcase: Ten for Ten!

**Friday, October 4 | 10:30 am–12:30 pm**

**Bowring 1**

Featuring: BISCO Canada, Canadian Pharmacists Association, Colgate, Crest + Oral-B, GSK, Hu-Friedy, Johnson & Johnson, Philips, Sunstar, VOCO

Hear presentations from 10 companies on their new and updated products for the dental hygiene profession. *(preregistration required)*

## Independent Practice Connections Café

**Friday, October 4 | 4:15–5:30 pm**

**Churchill 1-2**

Sponsored by



After hearing the success stories and challenges of independent practice owners, participants will have the opportunity to tap into a wealth of first-hand information from their peers. This networking session is for independently practising dental hygienists in both fixed and mobile practices, or anyone who is considering independent practice.

## Rally in the Alley

**Friday, October 4 | 6:00–9:00 pm**

**Lobby**

Experience the nightlife on infamous George Street in downtown St. John's! Enjoy a traditional fish and chips dinner, visits to two different venues on the street, and two drink tickets. At each stop during the rally, participate in a Newfoundland sing-along and screech-in ceremony! Finish off the rally with a live local band and a good ol' Scuff and a Swally. *(preregistration required)*



## Join the Conversation

#CDHADiscover, @thecdha/thecdha



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

**NEW!**  
**VOICE-ACTIVATED  
PERIODONTAL  
CHARTING**

GIVE YOUR  
**CLIENTS**  
THE GIFT  
OF  
YOUR **TIME**

**SmartChart™**  
makes charting easy.

Its made-in-Canada voice-recognition software  
lets you perform full perio exams quickly  
and accurately on your own.

**#MakeChartingEasy**



Take a picture of this  
QR code to learn more!

Or visit  
[SmartChart.ca/ChartingEasy/CDHA](https://SmartChart.ca/ChartingEasy/CDHA)





# Friday, October 4: Opening Ceremonies

Sponsored by

**PHILIPS**

Prepare to be inspired, meet distinguished guests, and feel a sense of pride in your profession as you head into the day's educational sessions. Come early to get great seats!



## Plenary

### The Special Client with Autism and/or Anxiety: How You Can Help

8:30–10:00 am

**Bowring 1-3**

**Presented by Karen A Raposa, RDH, MBA**

rappykr@msn.com

Learning about the client with autism can be extremely beneficial to the care and treatment of any client with fear and anxiety. This presentation will provide an approach to the clinical management of special needs clients that is both personal and professional. It will include creative techniques that can help guide these clients through a successful dental hygiene appointment.

For information about Friday's educational sessions, see the [Program at a Glance](#) on pages 8–9.

# Saturday, October 5

## Annual General Meeting (AGM) & Breakfast

8:00–9:30 am

**Bowring 1-3**


Enjoy breakfast while you hear about the work of the Canadian Dental Hygienists Association over the past year and approve the selection of financial auditors and board of directors.

**Notice: All are invited to attend the AGM.** Only CDHA active and life members are eligible to vote. Voting cards can be picked up outside the ballroom just prior to the AGM.

## Awards Luncheon

12:00–2:00 pm

**Bowring 1-3**

Sponsored by 

Join us for lunch as we celebrate our award winners and CDHA Partners' Circle members, along with individuals who have been CDHA members for 25 years or more.

# Program at a Glance

## Thursday, October 3

Preconference Workshops, Peer-Reviewed Poster Presentations, Welcome Reception & Tradeshow

- ▶ **7:00–8:00 am**  
**Registration**  
Lobby
- ▶ **8:00–9:00 am**  
**Breakfast**  
Level 3 Lobby  
*for morning preconference registrants only*
- ▼ **9:00 am–12:00 pm**  
**Better Debridement Protocol: Finally, An Approach That Makes Sense**  
Timothy Donley  
Sponsored by Dentsply Sirona  
Victoria 1-2-3
- ▶ **9:00 am–12:00 pm**  
**Making White Spot Lesions a Thing of Orthodontic Past!**  
Irene M Iancu  
Sponsored by 3M  
Pippy 1-2
- ▶ **12:00–1:00 pm**  
**Lunch**  
Level 3 Lobby  
*for afternoon preconference registrants only*
- ▶ **1:00–4:00 pm**  
**Implant Survival: It's in Your Hands!**  
Anna Louise Tolan  
Sponsored by Hu-Friedy  
Pippy 1-2
- ▶ **1:00–5:00 pm**  
**Interim Stabilization Therapy Orientation**  
Melanie Martin  
Sponsored by Colgate  
Victoria 1-2-3
- ▶ **5:00–9:00 pm**  
**Welcome Reception & Tradeshow**  
Sponsored by BMO  
Exhibit Hall – Bannerman Ballroom  
*for full conference registrants only*
- Peer-Reviewed Poster Presentations  
Lobby

## Friday, October 4

- ▶ **6:00–8:30 am**  
**Registration**  
Lobby
- ▶ **6:45–8:15 am**  
**Sunrise Breakfast**  
Sponsored by Crest + Oral-B  
Bowring 2-4  
*preregistration required; limited seats available*
- ▶ **7:45–8:30 am**  
**Coffee & Tea**  
Sponsored by Johnson & Johnson  
Exhibit Hall – Bannerman Ballroom
- ▶ **7:45 am–2:30 pm**  
**Tradeshow & Peer-Reviewed Poster Presentations**  
Exhibit Hall – Bannerman Ballroom and Lobby
- ▶ **8:30–10:00 am**  
**Opening Ceremonies and Plenary: The Special Client with Autism and/or Anxiety: How You Can Help**  
Karen A Raposa  
Sponsored by PHILIPS  
Bowring 1-3
- ▶ **10:00–10:30 am**  
**Nutrition Break**  
Sponsored by Johnson & Johnson  
Exhibit Hall – Bannerman Ballroom
- ▼ **10:30 am–12:00 pm**  
**Product Showcase: Ten for Ten!**  
Featuring: BISCO Canada, Canadian Pharmacists Association, Colgate, Crest + Oral-B, GSK, Hu-Friedy, Johnson & Johnson, Philips, Sunstar, VOCO  
Bowring 1
- ▶ **10:30 am–12:00 pm**  
**The Contemporary Client**  
Ann Eshenaur Spolarich  
Sponsored by Colgate  
Pippy 1-2
- ▶ **10:30 am–12:00 pm**  
**Silver Diamine Fluoride: Should I Use it in My Practice?**  
Julie Farmer  
Victoria 1-2-3
- ▶ **12:30–2:00 pm**  
**Lunch**  
Exhibit Hall – Bannerman Ballroom



## Join the Conversation

#CDHADiscover, @thecdha/thecdha

▼ **2:00–4:00 pm**

**Your Personal Journey Towards Workplace Wellness: Overcoming Your Top Ten Internal Struggles**

William Nippard

**Victoria 1-2-3**

**2:00–4:00 pm**

**Independent Dental Hygiene: Challenges and Opportunities**

Panel Presentation

Sponsored by Colgate

**Churchill 1-2**

**2:00–4:00 pm**

**New Periodontal Disease Classification System: Implications for Dental Hygiene Education & Practice**

Ann Battrell

**Bowring 4**

**2:00–4:00 pm**

**Dentistry's Role in Recognizing Abuse & Domestic Violence**

Frank M Stechey

**Pippy 1-2**

▶ **4:15–5:30 pm**

**Independent Practice Connections Café**

Sponsored by Colgate

**Churchill 1-2**

▶ **6:00–9:00 pm**

**Rally in the Alley**

*preregistration required*

**Lobby**

## Saturday, October 5

▶ **7:00–8:00 am**

**Registration**

**Lobby**

▶ **8:00–9:30 am**

**Annual General Meeting & Breakfast**

**Bowring 1-3**

▶ **9:30–10:00 am**

**Nutrition Break**

Sponsored by Johnson & Johnson

**Lobby**

▼ **10:00 am–12:00 pm**

**Going to Pot: Weeding Out Potential Benefits and Dangers of Cannabis Use**

Betsy Reynolds

Sponsored by PHILIPS

**Bowring 4**

**10:00 am–12:00 pm**

**Vaping, Tobacco, and Tobacco Cessation: Current Status and Latest Findings**

Fiona M Collins

Sponsored by Premier

**Bannerman 1**

**10:00 am–12:00 pm**

**Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace**

Michelle Greene

**Bannerman 2**

**10:00 am–12:00 pm**

**Dental Hygienists and the Role of an IAOM-Certified Orofacial Myologist**

Dianah Davidson

**Bannerman 3**

▶ **12:00–2:00 pm**

**Awards Luncheon**

Sponsored by TD Insurance

**Bowring 1-3**

▶ **2:00–2:15 pm**

**Break**

## Workshop and Peer-Reviewed Sessions

▶ **2:15–4:15 pm**

**CJDH Manuscript Preparation Workshop for Novice Writers**

Salme Lavigne

**Bannerman 1**

▼ **2:15–3:15 pm**

**Redesigning a Dental Hygiene Refresher Course: A Curriculum Addition Through Distance Education**

Rachelle Pratt

**Bannerman 2**

**2:15–3:15 pm**

**Self-Reported Oral Health Status and Diabetes Outcomes in a Cohort of Individuals with Diabetes in Ontario, Canada**

Kamini Kaura Parbhakar

**Bannerman 3**

**2:15–3:15 pm**

**Efficacy of an Innovative Bio-Descaling Anticalculus Toothpaste: A Double-Blind Randomized Controlled Clinical Trial**

Ashwaq Al-Hashedi & Nadia Dubreuil

**Bannerman 4**

▼ **3:15–4:15 pm**

**The Malignant Potential of Lichenoid Dysplasia**

Iris Lin

**Bannerman 2**

**3:15–4:15 pm**

**Caring for Clients with Head and Neck Cancer: An Interprofessional Approach**

Alexandra Sheppard

**Bannerman 3**

*CDHA can help you build  
your own safety net - so you're  
ready for the unexpected.*

Choose the coverage you need **AND** save with group insurance rates, thanks to your membership.

Choose from:

- ✓ **Life Insurance**
- ✓ **Accidental Death & Dismemberment Insurance**
- ✓ **Long Term Disability Insurance**
- ✓ **Critical Illness Insurance**
- ✓ **Office Overhead Expense Insurance**
- ✓ **Extended Health Care Insurance**
- ✓ **Dental Care Insurance**

To find out more about what's covered and how to apply, visit [sunlife.ca/cdha/2019](https://sunlife.ca/cdha/2019).

**Life's brighter under the sun**

Sun Life Assurance Company of Canada is the insurer and a member of the Sun Life Financial group of companies.



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES



**Sun Life**



# Conference Centre Floor Plan



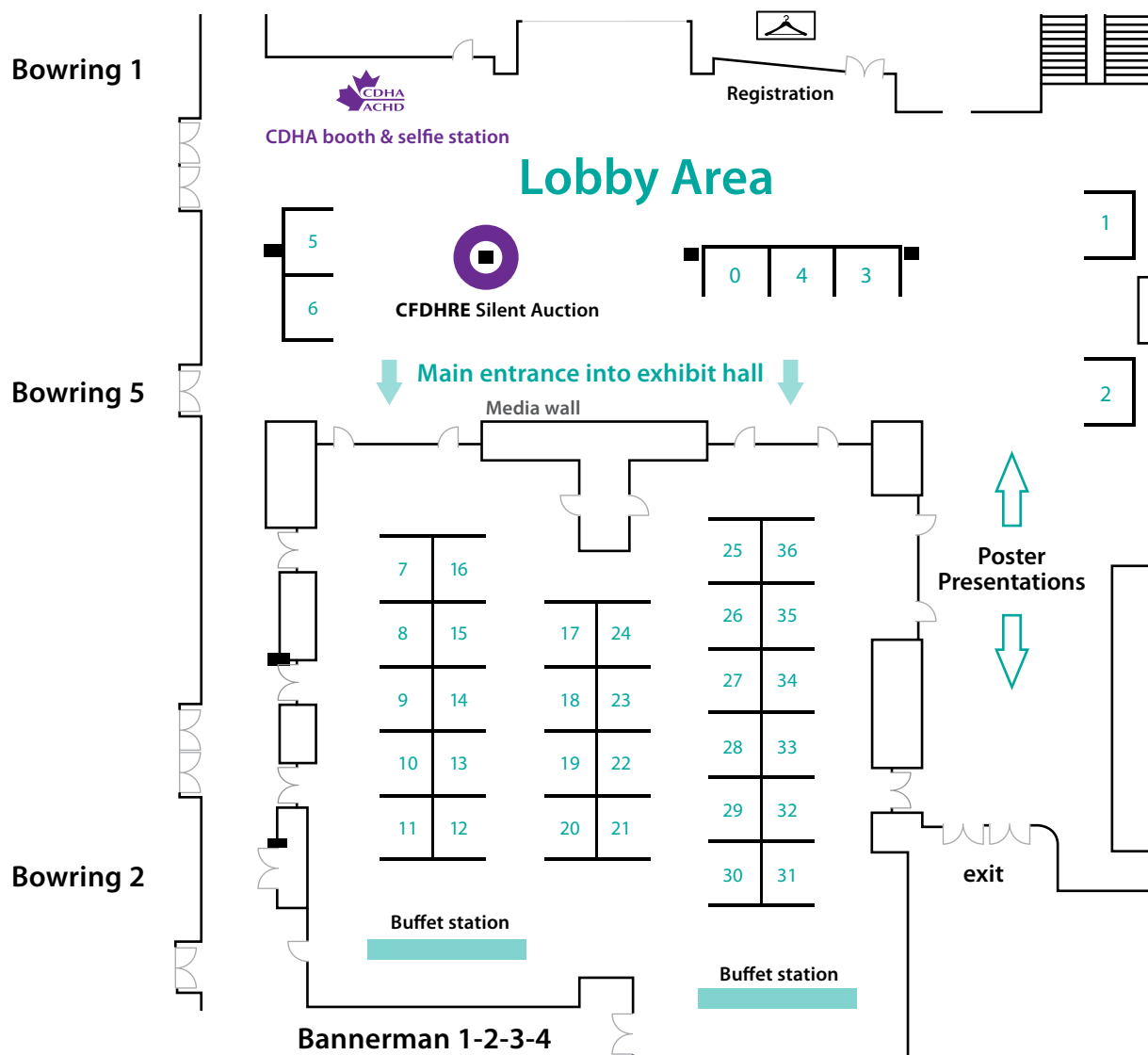


# Exhibit Hall Floor Plan & Exhibitors

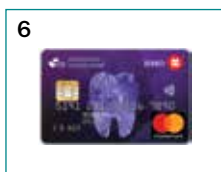
## Hours

Thursday, October 3 | 5:00–9:00 pm, Bannerman Ballroom

Friday, October 4 | 7:45 am–2:30 pm, Bannerman Ballroom



3M Canada



BMO



Canadian Pharmacists Association



Colgate



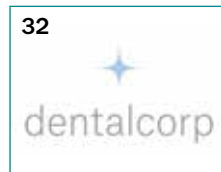
Crest + Oral-B



Crosstex (A Cantel Company)



DMG



dentalcorp



Dentsply Sirona



Glaxo Smith Kline



Halyard Health



HANSAmEd Limited



Henry Schein Canada



Hu-Friedy Mfg. Co.



ivoclar Vivadent



Indigenous Services Canada



LumaDent Inc.



maxill



Mercer



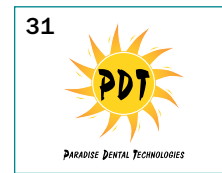
OES Wellness Group Inc.



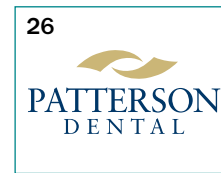
Oral Science



Orasoptic



Paradise Dental Technologies (PDT)



Patterson Dental Canada, Inc.



Philips Oral Healthcare



Premier Dental Products



Pulpdent Corporation



rdhu, Inc.



SciCan Ltd.



SimplyFloss



Sun Life



Sunstar Americas Inc.



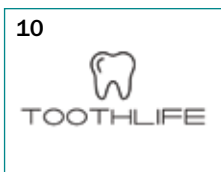
SurgiTel



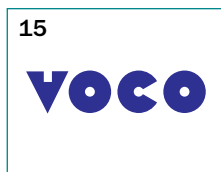
TD Insurance



Thompson Rivers University



Toothlife



VOCO Canada, Inc.



WinTerra Dental

# SATURDAY, October 5: Workshop & Oral Presentations

---

## Scientific Editor's Workshop

2:15–4:15 pm

Bannerman 1

### CJDH Manuscript Preparation Workshop for Novice Writers

Salme Lavigne, PhD, RDH,  
Scientific Editor, *Canadian Journal of Dental Hygiene*  
(preregistration required)

Publishing can be a daunting endeavour, particularly if it is your first time. This hands-on workshop will explain the essentials of manuscript preparation, including all necessary components required for submission to a peer-reviewed journal. Participants will also review both successful and unsuccessful manuscript submissions in order to identify their strengths and shortcomings.

## Oral Presentations

Enjoy learning from principal investigators in dental hygiene research. There will be two 1-hour presentations in each room. You are free to move between rooms at the break if your preferred presentations are scheduled in different spaces. Please be respectful to the presenters and leave/enter between sessions with minimal disruption.

### Bannerman 2

2:15–3:15 pm

Redesigning a Dental Hygiene  
Refresher Course: A Curriculum  
Addition Through Distance Education  
Rachelle Pratt, BScDH, RDH

### Bannerman 2

3:15–4:15 pm

The Malignant Potential  
of Lichenoid Dysplasia  
Iris Lin, BSc, RDH

### Bannerman 3

2:15–3:15 pm

Self-Reported Oral Health Status  
and Diabetes Outcomes in a Cohort  
of Individuals with Diabetes in Ontario,  
Canada  
Kamini Kaura Parbhakar, MSc, RDH

### Bannerman 3

3:15–4:15 pm

Caring for Clients with Head and Neck  
Cancer: An Interprofessional Approach  
Alexandra Sheppard, BA, MEd, RDH

### Bannerman 4

2:15–3:15 pm

Efficacy of an Innovative  
Bio-Descaling Anticalculus  
Toothpaste: A Double-Blind  
Randomized Controlled Clinical Trial  
Ashwaq Al-Hashedi, PhD & Nadia  
Dubreuil, RDH, Cert. FPT



## Join the Conversation

#CDHADiscover, @thecdha/thecdha

# Thank you to our sponsors

---



How the best perform







**NEW!**

**Crayola**

TM

SUNSTAR

**G·U·M**<sup>®</sup>

**NEW!**

**GUM<sup>®</sup> Crayola<sup>™</sup>**

# Deep Clean<sup>™</sup>

## Toothbrush

**Bright Colors. Better Reach. Deeper Clean.**

Proven to reach better interproximally\*, the **NEW GUM Crayola Deep Clean Toothbrush** is designed to help your littlest patients establish a lifetime of good oral care habits from an early age.



**Ultra-soft, tapered bristles reach farther between teeth for a deeper clean**

- Thumb grip and triangular-shaped handle offer control and encourage brushing at a 45° angle
- Compact head fits small mouths
- Suction cup bottom offers easy upright storage
- 4 bright colors help make brushing fun



**GUM Crayola Deep Clean Toothbrush offers better interproximal access than leading competitors\***

**Item#: 234P**

**For more information:**

☎ 1-800-265-8353

🌐 [www.GUMbrand.ca](http://www.GUMbrand.ca)

✉ [can.customerrelations@ca.sunstar.com](mailto:can.customerrelations@ca.sunstar.com)

© 2019 Sunstar Americas Inc. C19200 \*Source: DOF-0006

OFFICIAL LICENSED PRODUCT

© 2019 Crayola. Crayola Oval Logo, Crayola, Serpentine Design are trademarks of Crayola used under license.



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

1122 Wellington St W  
Ottawa, ON K1Y 2Y7

Phone: 1-800-267-5235 or 613-224-5515

Fax: 613-224-7283

E-mail: [info@cdha.ca](mailto:info@cdha.ca)