



2024 OPENING THE DOOR TO MENTAL HEALTH SYMPOSIUM

**FEBRUARY 27 & 28TH
ZOOM VIRTUAL EVENT**

PROGRAM – Day 1 (NOTE: ALL TIMES IN PACIFIC STANDARD TIME)

8:15	Please join us a few minutes early to test your connection. <i>Reminder: TURN OFF VPN</i>
8:30 – 8:40	Event Moderators: Corey Jackson , Co-Chair Community of Interest on Mental Health and Regional Director, Policy & Economic Analysis, Fisheries and Oceans Canada Jennifer Grace , Co-Chair Community of Interest on Mental Health, Senior Conflict Management & Values and Ethics Consultant, Office of Informal Conflict Resolution, Corrections Services Canada
8:40 – 9:15	Introduction – Tamara Davidson , Manager, Strengthening Public Service Institutions Initiative OPENING PRAYERS: Francois Prince , Beaver Clan (Lhts’umusyoo) of the Nak’azdli Whut’en **Please have a stone with you to hold in your hand**
9:15 – 9:30	OPENING REMARKS: David Didluck , BC Federal Council Mental Health Champion and Associate Regional Director General, Fisheries and Oceans Pacific Region. Denise Macgillivray , Vice-Chair, BC Federal Council and Director General for the Environmental Health and Pesticides Directorate, Health Canada Regulatory Operations and Enforcement.
9:30 - 10:15	Introduction – Elisabeth Martin , Human Resources Advisor, Shared Services Canada KEYNOTE ADDRESS: The Rushing Paradox: Rest and Re-Sourcing in Response to a Demanding World

This special event is brought to you by the British Columbia Federal Council and the Community of Interest on Mental Health in partnership with the Anti-Racism Ambassadors Network, the National Managers Community and the Canadian Mental Health Association.

Dale Allen, Leadership, Life & Well-being Coach; Diversity and Inclusion Coach; Non-violent Communication Practitioner; Facilitator; Yogini

10:15- 10:45

HEALTH BREAK and Métis Jig with Madelaine McCallum

PANEL

10:45 – 12:30

THEME – Putting Humanity at Work First – How to Influence Change

1. Panel:

- a. **Moderator - Jonny Morris**, CEO, Canadian Mental Health Association, BC Division
- b. **Alexis Ford-Ellis**, Director, Indigenous Wellness Resource Center
- c. **Dr Joti Samra**, R. Psych, CEO & Founder of MyWorkplaceHealth
- d. **Chantal Schryer**, Ombuds, Fisheries and Oceans Canada
- e. **Michael Ainger**, National Manager for Employee Wellness, Corrections Services Canada

12:30 – 1:00

Lunch Break

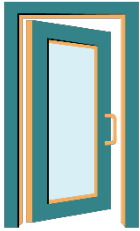
1:00 – 1:45

Introduction – Carole Eros, BC Federal Council Mental Health and Wellness Coordinator

A Holistic View on Wellness: Being vs. Doing - The Art of Slowing Down, Taylor Aplas, Executive Coach, Meditation Guide, Associate Clinical Counsellor and **Trilby Gouch**, Holistic Nutritionist & Movement Guide

1:45 – 2:00

Closing Meditation and Gongs – Taylor Aplas, Executive Coach, Meditation Guide, Associate Clinical Counsellor and **Paul Bissonnette**, Shamanic Gongmaster



PROGRAM – Day 2 (NOTE: ALL TIMES IN PACIFIC STANDARD TIME)

8:30 – 8:40

Event Moderators:

Corey Jackson, Co-Chair Community of Interest on Mental Health and Regional Director, Policy & Economic Analysis, Fisheries and Oceans Canada

Jennifer Grace, Co-Chair Community of Interest on Mental Health, Senior Conflict Management & Values and Ethics Consultant, Office of Informal Conflict Resolution, Corrections Services Canada

8:40 – 9:30

Introduction – Jennifer Grace, Co-Chair Community of Interest on Mental Health

KEYNOTE ADDRESS: Bringing your Humanity to Work, Pierre Battah, Best Selling Author and Workplace Leadership Specialist

9:30 – 10:15

Introduction – Carole Eros, BC Federal Council Mental Health and Wellness Coordinator

Suicidality in the Public Service: Individual Responsibility; Collective Impact, Karen Sokol, Regional Field Coordinator, Prairies & NWT, Joint Learning Program

10:15 – 10:45am

HEALTH BREAK and Afrobeats Dis-Dance with Allison and Kevin Lunianga

PANEL

10:45 – 12:15

THEME – Restoring the Human in our Workplace Culture – Leaving the Perfect Behind

1. Panel:

- a. **Amanda Vistman**, Senior Informal Conflict Management Practitioner, Ombud and Informal Resolution Services Office, Department of Justice Canada
- b. **Dr Lisa Gunderson**, Psychologist, Anti-Racism and Equity Educator, Owner of One Love Consulting
- c. **Ikponwosa "I.K." Ero**, Speaker, Executive Coach, and Former United Nations Independent Expert to the Human Rights Council
- d. **Allan Dorff**, Director, Coastal & Central Tax Services Office for the Canada Revenue Agency in the Western Region.
- e. **Dr Bill Howatt**, Founder and President of Howatt Human Resources Consulting. Behavioural scientist passionate about creating psychologically safe, inclusive, and thriving workplace cultures.

12:15 – 1:00

Lunch Break

1:00 – 2:15

Indigenous A Wellness Perspective, **Alexis Ford-Ellis**, Director, Indigenous Wellness Resource Center and **Michèle Elliott**, Director of the Indigenous Talent Resource Centre (ITRC) and of the Indigenous Career Navigators Program (ICNP)

2:15 – 2:30

CLOSING REMARKS

David Didluck, BC Federal Council Mental Health Champion and Associate Regional Director General, Fisheries and Oceans Pacific Region.

Denise Macgillivray, Vice-Chair, BC Federal Council and Director General for the Environmental Health and Pesticides Directorate, Health Canada Regulatory Operations and Enforcement.

2:30 – 2:45

Meditation and Gongs – Taylor Aplas, Executive Coach, Meditation Guide, Associate Clinical Counsellor and **Paul Bissonnette**, Shamanic Gongmaster

THANK YOU FOR JOINING US FOR THIS VERY IMPORTANT EVENT!

