

CANADIAN MENTAL HEALTH WEEK

EDUCATION DAY

WEDNESDAY MAY 8, 2024

NBRHC AUDITORIUM | *FREE PARKING IN LOT 9*

VIRTUAL OPTION: SCAN HERE



The Kindness Project

Do good. Feel good.

Time	Topic – Speaker
8:50 – 8:55 a.m.	Opening Brenda Roberts – Cultural Practitioner, Ohtaskanesiwiniw Ka Pimohtat, North Bay Indigenous Hub – Giiwedno Mshkikiiwgamig
8:55 – 9:00 a.m.	Welcome from NBRHC: Paul Heinrich, President and CEO, North Bay Regional Health Centre (NBRHC)
9:00 – 10:45 a.m.	Two Perspectives: Substance Use Stigma Dr. Valerie Primeau – Psychiatrist, Medical Director for Mental Health, North Bay Regional Health Centre Brian Bird – PhD Psychologist, Community Mental Health, North Bay Regional Health Centre
10:45 – 11:00 a.m.	Break
11:00 – 11:45 a.m.	Kindness from a Dialectical Behaviour Therapy (DBT) Lens Michelle Deveau-Brock – Social Worker(MSW) Community Mental Health NBRHC – Graduated Group Therapy Program
11:45 – 1:00 p.m.	Lunch
1:00 – 1:30 p.m.	The Personal Journey SanDee Vandal – SanDee will speak to her journey regarding her struggles with addictions while balancing life
1:30 – 2:00 p.m.	Stress, Mindfulness and Self Compassion Adria Taylor – Bay Psychology Associate – Registered Psychotherapist
2:00 – 3:00 p.m.	Speaking to Kindness Brenda Roberts – Cultural Practitioner, Ohtaskanesiwiniw Ka Pimohtat North Bay Indigenous Hub – Giiwedno Mshkikiiwgamig