

Thursday, November 14th
Marriott CF Toronto Eaton Centre

Agenda

Growing Strong Minds CONFERENCE

50
YEARS

9:00-9:30am

Welcome Dr. Robin Alter and Anne Lovegrove

9:45-10:45am

3 x Concurrent Sessions to choose from:



Disrupting Mental Health Training, Research, and Practice in Canada: Integrating Inclusivity and Technology

Speaker: Dr. Rebecca Pillai Riddell



Empowering Resilience: Strategies and Tools for Supporting Child and Youth Mental Health in the Climate Crisis

Speaker: Dr. Audrey-Ann Deneault



The influence of early experience on stress physiology: Life course implications

Speaker: Dr. Leslie Atkinson

10:45-11:00am

COFFEE BREAK

11:00-12:00pm

3 x Concurrent Sessions to choose from:



Cultural Humility: Cultivating Practices that Foster Safe and Supportive Spaces for Black and Racialized Youth

Speakers: Dr. Chantal Regis & Dr. Sandra Newton



Unity in Growth: Harnessing Youth Well-Being through Siblings and Friends

Speaker: Dr. Ryan Persram



Youth Voices on Hearing Unheard Moments (The Students Commission of Canada)

Speakers: Student Commission of Canada - Sharif Mahdy (CEO), Florence Bergeron, Associate Director of Knowledge Mobilization, Alex Makeikin, Youth Creator

12:00-1:30pm

LUNCH AND KEYNOTE



Future Directions in Supporting Child and Youth Well-Being: Looking Back to Look Forward: results from first-ever meta-analysis

Speakers: Dr. Rebecca Pillai Riddell and Kaitlin Di Pierdomenico

1:45-2:45pm

3 x Concurrent Sessions to choose from:



Sexual and Gender Diversity among Metis Youth: Challenging Stigma and Celebrating Resilience

Speaker: Dr. Allison Reeves



From Thrills to Skills: Fostering Emotion Regulation Among Youth

Speakers: Dr. Jennine Rawana, Kaja Bakken, Kate Lee, Paolina Onorato, Laura Harris-Lane



Promoting mental health outcomes in early childhood with positive parenting practices: I-InTERACT-North

Speaker: Dr. Tricia Williams

2:45-3:15pm

COFFEE BREAK AND NETWORKING

3:15-4:00pm

CLOSING REMARKS

BREAKOUT

9:45am

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