

AGENDA



→ 16 NOV 2024

→ **THRIVE & REVIVE:**
NAVIGATING MENTAL WELLNESS AND SELF REGULATION

8:30 AM

Doors Open for Continental Breakfast

9:00 AM

Welcome and Introduction

9:15 AM

Monique Bergeron Master Trainer, Mental Health
Commission of Canada

10:45 AM

Break

11:00 AM

Dr. Susan Hopkins Executive Director,
The MEHRIT Centre

12:15 PM

LUNCH and Networking

1:00 PM

Dr. Susan Hopkins Executive Director,
The MEHRIT Centre

2:45 PM

Break and Light Snack

3:00 PM

Lori Kempe Executive Director,
Children First

3:15 PM

Panel Discussion

3:45 PM

Wrap Up and Door Prizes