



SESSION SCHEDULE

WELCOME (8:30AM) - GYMNASIUM

MORNING KEYNOTE SPEAKER (8:45AM - 9:15AM)

Peggy Duncan - Risk & Rewards - GYMNASIUM

SESSION A (9:30AM - 10:00AM)

1. Make Carver - "Emeritus Golf" - ROOM B207
2. Chris Kennedy - "Grounding Exercises" - GYMNASIUM
3. Tim Reid - "Preparing Your Will and the Importance of it" - ROOM C112

SESSION B (10:30AM - 11:00AM)

1. Tyler Dillman - One to One Wellness - "Chronic Pain: what it is, why it can persist, and how to better live with it" - ROOM C112
2. Derrick MacEachern - 5 Star Wellbeing - "How Coping Strategies Affect Secure Attachment in Relationships" - GYMNASIUM
3. Annie Lampron - CFA Padre - "Spiritual Resilience" - ROOM B207

SESSION C (11:30AM - 12:00PM)

1. Greg White - Whites Funeral Home - "Funeral Preparation" - ROOM B207
2. Rebecca Boehm - Mindful Therapies - "Resilience in Action: Strategies for Mental Wellness & Longevity in First Responders Careers" - ROOM C112
3. Deven Kennedy - "Resilience Through Fitness" - GYMNASIUM

LUNCH (12:00PM-12:45PM)

SESSION D (12:45PM - 1:15PM)

1. Hillary Scott & Racheal Dent - "Understanding Grief & Its Impact on First Responders" - ROOM C112
2. Jess Wiebe - "Yoga for First Responders" - GYMNASIUM
3. Doug Allen - "Atlantic Group and Trauma Training Center" - ROOM B207

SESSION E (2:00PM - 2:30PM)

1. Tayna Hiltz - "Resilient Minds" - ROOM B207
2. Alisa King & Paul MacKenzie - HRP - "Employee Assistance Program/ Peer Support Panel" - GYMNASIUM
3. Krystal Lowe - THANS - "Intimate Partner Violence" - ROOM C112

AFTERNOON KEYNOTE SPEAKER (2:45PM - 3:15PM)

Colleen Kamps - Peer Support in Action: Strengthening Resilience in First Responders - GYMNASIUM

DOOR PRIZES & BURSARY DRAWS (3:15PM) - GYMNASIUM

