

**Psychology Mental Health Day:
A commitment to education on mental health and well-being**

Agenda

- 8:30 – 8:40 Kick-off – Dr. Pauline Rankin (Dean, FASS) – *Location, Commons rm372*
- 8:40 – 8:50 CU’s Initiatives on Mental Health – Suzanne Blanchard (Vice-President, Students and Enrolment, and University Registrar) – *Location, Commons rm372*
- 8:50 – 10:00 Panel of experts discuss, “Mental Health Today” – *Location, Commons rm372*
Panel Moderator: Dr. J. Pozzulo, Chair, Department of Psychology, Carleton University
Panel Members:
Dr. Tarry Ahuja, Canadian Agency for Drugs and Technologies in Health
Dr. Kim Corace, Director, Royal Ottawa Mental Health Centre
Dr. Kim Lassiter, Department of Psychology, Carleton University
Bailey Reid, Sexual Assault Support Coordinator, Carleton University
Terri Soukup, Director of Client Services, Distress Centre of Ottawa and Region
Dr. Marianna Shturman, Director of Mental Wellness Services, Wabano Centre
- 10:00 – 11:00 Michelle Baulch, Koru Mindfulness (Workshop)
Location, Loeb D780
Dr. Corinna Elliott – Anxiety in University and Beyond (Workshop)
Location, Loeb A700
Dr. Tim Pychyl – Procrastination, Health, and Well-Being (Workshop)
Location, Loeb D382
Dr. John Zelenski - Science of happiness: News you can use (Workshop)
Location, Loeb D880
- 11:00 – 12:00 Dr. Tarry Ahuja, Personality types and mental health (Workshop)
Location, Loeb, C760
Dr. Rob Coplan, Shyness: Being quiet in a loud classroom (Workshop)
Location, Loeb D780
Dr. Nassim Tabri, Addiction and the use of cannabis (Workshop)
Location, Loeb D880
- 11:30 – 1:30 Wellness Stations,
Location, Loeb 2nd floor

Therapy dog session
Chair massage
Healthy food sampling
Stress-reducers
Pop-Up Wellness Centre
On- and off-campus resource booth

- 12:00 – 1:00 Dr. Ayca Guler-Edwards, Stress and your mindset (Workshop)
Location, Loeb, B541
Dr. Kim Lassiter, Coping with Depression (Workshop)
Location, Loeb C760
Dr. Michael Wohl, You Bet: Everything you wanted to know about
gambling (and gambling problems) (Workshop)
Location, Loeb D780
- 1:00 – 2:00 Dr. Rachel Burns – Healthy Living, Healthy Mind (Workshop)
Location, Loeb D780
Dr. Tina Daniels – Bullying and Cyberbullying (Workshop)
Location, Loeb C760
Dr. Cheryl Harasymchuk - Healthy Relationships (Workshop)
Location, Loeb A631
Dr. Jordan Schoenherr – Stress and Incivility in the Workplace (Workshop)
Location, Loeb D382
- 2:30-4:00 Keynote Address, Stress and Coping – Dr. Owen Kelly, Ottawa Institute of
Cognitive Behavioural Therapy
Location, Tory 360
- 4:15 -5:30 Reception
Location, Tory Atrium

Partners:

Carleton University

Office of the Vice-President, Students and Enrollment

Equity Services – Sexual Assault Support Centre

Health and Counselling

Office of the Dean, Faculty of Arts and Social Sciences

Ottawa Institute of Cognitive Behavioural Therapy

Canadian Agency for Drugs and Technologies in Health

Royal Ottawa Mental Health Centre

Distress Centre of Ottawa and Region

Wabano Centre for Aboriginal Health