



**Carleton**  
UNIVERSITY

**Canada's Capital University**



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## **Psychology Mental Health Day**

Thursday Oct. 10<sup>th</sup>, 2019

*Richcraft Hall Conference Rooms and Atrium (RB 2220-2224-2228) – Carleton University*

All welcome to attend

- 9:00 – 9:15     *Seating (RB Atrium)*
- 9:15 – 9:30     Dean Rankin opening remarks *(RB Atrium)*
- 9:30 – 10:00    President Benoit-Antoine Bacon – Mental Health: An Ongoing Personal Journey *(RB Atrium)*
- 10:00 – 10:45   Benny Michaud (Assistant Director of Equity Services, Centre of Indigenous Initiatives)  
                          – All our Relations: wahkootowin and Indigenous Wellbeing *(RB Atrium)*
- 10:45 – 11:00    *Break*
- 11:00 – 11:45    Dr. Nassim Tabri – The Antecedents and Consequences of Addiction *(RB 2220)*  
                          Dr. John Zelenski – Using the Natural Environment to Promote Well-being *(RB 2224)*  
                          Dr. June Pimm – What do we know about Autism? *(RB 2228)*
- 11:50 – 12:20    *Lunch (RB Atrium)*
- 12:25 – 12:35    Cindy Taylor (Assistant VP Human Resources), an overview of Healthy Workplace and  
                          employee mental health initiatives *(RB Atrium)*
- 12:40 – 1:00     Samantha Munro and Michelle Baulch, Carleton's Healthy Workplace –  
                          Supporting a Colleague/Friend and Building Resilience *(RB Atrium)*
- 1:05 - 1:15     Suzanne Blanchard (VP Students and Enrollment), Student Mental Health *(RB Atrium)*
- 1:15 – 1:30     Shannon Noonan – Benefits of Dog Therapy *(RB Atrium)*
- 1:35 – 2:15     Amy Fogarty, Mental Health Commission of Canada – Mental Health and the  
                          Workplace *(RB 2220)*  
                          Dr. Rachel Burns – Diabetes and Depressive Symptoms: Exploring When and Why  
                          Comorbidity Occurs *(RB 2224)*  
                          Dr. Mario Cappelli – Supporting the assessment and care of children and youth  
                          with mental health concerns *(RB 2228)*
- 2:15 – 2:30     *Break*
- 2:35 – 3:35     **Sponsored by the Canadian Psychological Association and the Department of Psychology**  
                          Keynote: Dr. Michel Dugas – The Treatment for Anxiety: Fast Forward to the Past *(Atrium)*
- 3:40 – 4:15     **Hosted by the Canadian Psychological Association**  
                          Reception *(Atrium)*