Psychology Mental Health Day
Thursday Oct. 10th, 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)