

CMHA Ontario in partnership with Ryerson University invites you to a full day Orientation & Networking Retreat. Learn More about Mood Walks for Campus Mental Health, meet representatives from other campuses and those who are already experiencing the benefits of the walks on Campuses.

Wednesday, August 1, 2018
Ryerson University
SLC (Student Learning Centre), Room: SLC508, 5th Floor
341 Yonge Street, Toronto, ON M5B 1S1

Agenda

8:00 am *Optional* – First Story Walk

9:00 am Registration & Light Breakfast

9:30 am Introductions & Welcome

- Jim Harris
Director of Operations, CMHA, Ontario
- John Hannah
Director, Special Projects & Storytelling, Ryerson Student Affairs
- Deena Kara Shaffer, PhD
Coordinator, Student Transitions and Retention, Ryerson Student Affairs
- Kate Lasiuk
Mood Routes Program Assistant

10:00 am History of Mood Walks

- Jasmine Ferreira, MSW, RSW, PhD Student

Meet the Partners

Hike Ontario

- Tom Friesen

Conservation Ontario

- Nekeisha Mohammed, Communications Officer, Conservation Ontario
- Brian Kemp, General Manager, Conservation Lands, Lake Simcoe Region Conservation Authority

OCASI

- Sajedeh Zahraei, PhD, MSW, RSW, Senior Manager Professional Development & Training

CICMH

- Marija Padjen, MSW, Director



Canadian Mental
Health Association
Ontario

Ryerson
University

- 11:15 pm Break/Snack
- 11:30 pm Lets take a Mood Walk
- 12:45 pm Lunch
- 1:30 pm Why Nature Matters: Mood Walk as a Holistic program
- Dr. Nathan J. Cooper, Psychologist, Department of Psychiatry and Behavioural Neurosciences Student Wellness Centre, McMaster University
 - Deena Kara Shaffer, PhD, Coordinator, Student Transitions and Retention, Ryerson Student Affairs
 - Taniya S. Nagpal, PhD candidate (Kinesiology) at Western University Canada and Graduate Student Chair for the National Exercise is Medicine Canada-On Campus executive
 - Bill Kilburn, Recognized Leader in the international Children and Nature Movement
- 2:45 pm Break/Snack
- 3:00 pm Ryerson Presentation – Mood Routes & McMaster WIND
- 3:45 pm Ryerson Student Panel
- 4:15 pm Additional Questions
- 4:30 pm Close/Depart