



# **MENTAL HEALTH AND WELLNESS SYMPOSIUM**

**APRIL 10th, 2019**

**PRESENTED BY**



*Good Shepherd School*

**And**





# Good Shepherd School

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April 2019

To All Conference Attendees;

It is my honor and pleasure to welcome you to our Good Shepherd Student Leadership Conference with the theme of **"Trust In the Journey ~ A Pathway to Resiliency."**

Our speakers will have the opportunity to provide you with strategies and skills that will help deepen your faith, support you with dealing with change in a positive way, give you new perspectives about how to deal with anxiety, bullying behavior, increasing fitness levels, mindfulness, life skills and so much more. All of this while having fun learning!

I want to acknowledge and thank our staff and students who worked behind the scenes to organize this event with the support of our community agency PMAST. As well, I want to thank each and every one of our presenters who are giving their time freely to help support you along your journey. A special thanks to Florence Lye and Brenda Christie for creating and designing this program that you hold in your hands.

It is my hope that the activities and presentations offered during this conference will inspire you to use your voice and your gifts and talents in order to live your best life and provide service to others.

***"You are the change we want to see in the world!" (adapted from M. Ghandi)***

Have a spectacular day!

With gratitude and love,

Ms. Elizabeth Bennett,  
Principal  
Good Shepherd School  
Airdrie, AB



4 April 2019

On behalf of Peer Mediation And Skills Training (PMAST), we are proud to partner with Good Shepherd School in Airdrie to present the Leadership Mental Health and Wellness Symposium. We welcome you and thank you for being part of this special day. We thank the students for leading this initiative, for their concern and desire to recognize mental health issues and for their work in making this day happen.

PMAST's goal for this event is to build assets and skills in young people, to help them effectively deal with conflict throughout their lives and promote the community's capacity to appropriately respond to the needs of youth in their schools and communities. Through these workshops, youth unite to create change and learn strategies to recognize and combat mental issues. In addition, the event promotes resiliency, accountability and leadership in youth and inspires them to be the best they can be. It also teaches youth the importance of helping their peers through their challenges as well. We are very proud of this school-wide event and the amazing impact it has upon those who attend the presentations.

The mental and emotional wellness of our community has become a great concern for all of us. It is now recognized by Alberta's Department of Education, as evidenced by the Honourable David Eggen, who states "Evidence indicates that the best way to impact student health behaviours is through a comprehensive school health (CSH) approach. CSH is an internationally recognized approach for supporting student learning while addressing school health in a planned, integrated and holistic manner." His vision of wellness education in Alberta is "for students to be educated, informed and contributing members of society and to develop the knowledge, skills and attitudes needed to be well in every sense of the word—emotionally, intellectually, physically, socially and spiritually."

PMAST has long been a provider of pro-active programs, teaching youth the skills to deal with conflict in their lives, which impacts the wellness of any individual and is the cause of many of our societal issues. However, we must now build upon our ideology to encompass all root causes of emotional, social and spiritual wellness.

This symposium is designed to raise awareness of mental health issues, which if not dealt with can become chronic, with long-term effects. To prevent issues of mental health, to prevent suicide and self harm, it is critical that young people are able to recognize these issues and seek support. PMAST focuses on providing that awareness, reducing the stigma of openly discussing mental health issues and ensuring youth have access to the necessary support systems.

It is our pleasure to assist Good Shepherd School in this initiative.

Sincerely,

A handwritten signature in black ink, appearing to read 'B. Christie', is written over a light blue horizontal line.

Brenda Christie, President

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## MEMORANDUM

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**TO:** ALL ATTENDEES  
**FROM:** 2019 COMMITTEE, PEER MEDIATION AND SKILLS TRAINING (PMAST)  
**SUBJECT:** PMAST's WELLNESS SYMPOSIUM AT GOOD SHEPHERD SCHOOL  
**DATE:** APRIL 10, 2019

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*"Half of Alberta children have been bullied". (Calgary Board of Education)*

TEN years ago, PMAST's Wellness Symposium began as a Coalition of citizens and organizations who were concerned about bullying in Calgary. This Coalition started the "Turn off the Violence Campaign". In 2009, the Coalition looked to PMAST to expand "Blue Friday", which became an annual event under PMAST's umbrella. In 2018, PMAST re viewed our programming and recognized the need to adapt to current social needs, to cultural differences and adapt to the challenges which our youth face today which continues to be a growing concern.

In spite of many changes, PMAST recognized the importance of this community event which had been such a vibrant part of our services. The name was changed from Blue Friday to "PMAST's Wellness Symposium" to reflect the inclusion of Mental, Physical, Emotional and Spiritual Wellbeing of Self and of the community.

PMAST's Wellness Symposium of today is continuing the format of an all-day school-wide and community event which brings together eager interactive speakers and volunteers from the community who seek to share their own personal awareness of mental health issues and mindfulness to our youth today.

PMAST's community of speakers and volunteers also seeks to foster the development and promotion of positive values of resiliency, accountability and leadership. These values will provide youth with better coping skills and teach them to stand up for themselves, trust in the journey, inspiring our community to greatness.

*"Some days you will be light for others, and some days you will need light from them. As long as there is light, there is hope and there is a way."*

Anon

Yours excitedly in growth,

Florence Lye

Florence Lye, C. Med, IMI, ICF  
Program Director  
[Flo@pmast.org](mailto:Flo@pmast.org)

## Speakers and Sessions

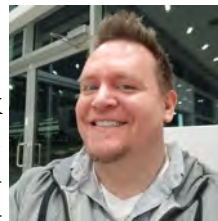
### **Conrad Brodeur –“Frame Breaking— Seeing Conflict in a New Light”**

We will discuss the power of our expressions, feelings, wants and needs. Crisis can be a danger or an opportunity. We all possess the tools to embrace natural differences in perspective, separate the people from the problem and make powerful requests which advocate for our needs.



### **Jason Carriere – “I am Doing It”**

When life knocks you down land on your back because if you’re looking up you can get up. Today I'M DOING IT and I will share with you just where my Life Journey has taken me and where I believe I'm heading.



### **Lone Chu - “You Too Can Learn To Play The Guitar”**

In this class, we will be talking about the benefits of learning to play music and how anyone can learn to play music, no matter their background. We will also be demonstrating how absolute beginners can learn to play a song on the guitar in just 30 minutes.



### **Francesca Clarke – “Using Curiosity in Conflict”**

Swapping defensiveness for curiosity can transform conflict situations by opening communication. In this session students will learn the science behind a curious mind and will explore the power of curiosity through hands on activities and facilitated conversations. Let’s get curious!



## Speakers and Sessions

### **Community Links – “Body Image”**

Students will learn about positive body image and self-esteem along with messages which serve to prevent unhealthy choices and negative impacts of eating disorders. The program serves to build up and encourage all students to be more accepting of who they are.



### **Community Links –“Budgeting”**

Students learn the value of money, how to keep track of where it all goes and how to set themselves up for a successful financial future. Topics include the creation of a monthly budget, managing unexpected expenses, credit, budgeting after high school, investing, tools for making money go further and money management tips and tricks.

### **Scott Gullion—“Breakthrough to Diamonds”**

If you could change any one thing in life, what would you change? This session teaches that by taking a moment of time to look for some differences in perspective, that all youth can change their situation for the better. Youth will learn how life's opportunities often will show up initially as challenges, but lead to later opportunities. Scott challenges youth to come to this session to learn how to change something which seems impossible—to possible.



## **Speakers and Sessions**

### **Aime Hutton – “Sally Called Me Names Cause I’m Different”**

What do you do when other kids call you names? Learn a new way to communicate safely, and confidently with a bully.



### **Aaron Johnson – “Short/Long Term Goals”**

This session will focus on the importance of making short and long-term goals and putting in the work to make them happen. From being on top to hitting rock bottom; skill and ability have no meaning when you let bad choices rule your life.



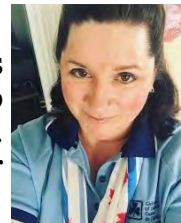
### **Mike Loughman – “Unmask Mental Health”**

I will talk about my experiences living with undiagnosed mental health issues as well as my life since diagnosed. I will talk about acceptance, empathy and the willingness to help others.

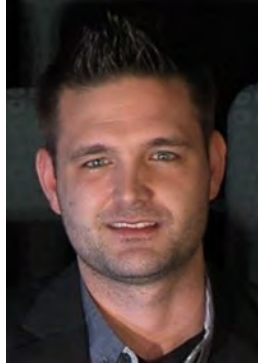


### **Erin Luong - “Developing a Personal Recipe to Manage our Stress and Anxiety”**

During this session we will explore what stress may look like in our lives. We will then develop personal recipes for managing our anxiety levels. We will also learn about signs to watch for in our friends and where to go for support if we need it.



## KEYNOTE SPEAKER



### MICHAEL CHIASSON

Michael is a speaker, musician, television host and writer who has been inspiring people for over 20 years. He has been one of the top communicators for students across Canada and the United States.

Using his experiences and proven practical strategies, Michael partners with organizations who want to help their leaders and team members make the greatest impact. As the founder of The Chiasson Group and a Canadian registered charity (Access 52), he exudes an unparalleled passion for helping others on and off-stage. It is more than a career, it is his life's work.



**We Help People Find Hope & Motivation**

**3,200,000**  
**Teens at risk of developing depression**





## PLENARY SPEAKER

### JESSICA JANZEN OLSTAD

Jessica is a farm girl, now urban city dweller in Calgary, who ditched her corporate “gig” and the 9 -5 grind to live her most authentic, bold, joyful life. She believes that her story has a purpose and has committed her life to sharing her testimony to encourage others to get unstuck and really start living. It took her losing her son to get to this spot.

She is most proud of her husband and children but closely following is her Foundation work and clothing line which she developed and designed to help raise funds and awareness for the Love for Lewiston Foundation, SMA & Alberta Children’s Hospital Foundation. Jessica and her husband, “Hot Ronnie” as she calls him, started the foundation with 3 of their best friends to honour their son who passed away in November 2016 from a rare genetic disease called SMA (Spinal Muscular Atrophy). Their goal is to find a cure and to get newborn screening into place so that no family has to endure what they did with their son Lewiston.

Jessica is a “wanna be” blogger and wants to do the things which make her heart soar. Her least favorite question is “so what do you do?” On any given day, she is probably mopping up another mess and cleaning the kitchen for the millionth time, playing horses with her daughter, Swayzie, dreaming up her next design for the clothing line, fighting and lobbying to find a cure and get treatment for those who suffer with SMA, or even writing a chapter for her book.

She takes pleasure in the small things: good coffee, shoe shopping, getting a good sweat on with her friends and soaking up the sunshine by the water, via paddle boarding or wake surfing. Her daily focus is to “Run Towards the Roar”.

## Speakers and Sessions

### **Oranj - “ Mindful Stretching”**

This is the perfect class for you mini-boogiers to work on mindfulness and a physical stretching practice while having fun. Through different poses and breath work participants will be left with great tools to help calm the mind, lower anxiety and stress levels in a safe and fun way! Encouraging flexibility and to trusting your mind can help to create safe joints, lengthens muscles and helps with participation in other sports as well as everyday activities.



### **Claude Pellerin – “Meet My Friend—The Cell Phone”**

This presentation discusses the pros and cons of cell phones; how cell phones are useful in developing self-teaching alertness and mindfulness and on the other hand, how they can be detrimental to personal growth.



### **Jay Raymundo – “Sports Performance Boot Camp”**

Want to become a better athlete? Want to get bigger, faster, stronger? Register for this Sports Performance and Conditioning session as we use the High Intensity Interval Training method to maximize bodyweight exercises and engage those muscles that will help you outperform the competition as well as prepare you to be better at everyday life activities.



## **Speakers and Sessions**

### **RCMP - “Cyberbullying”**

Students will have an opportunity to learn and understand what cyberbullying is and discuss the impacts and legal ramifications that it has. Students can openly ask questions about police work and responsibilities that police have towards the community. They will also discover that communication and the work of voice is the most important tool we have.



### **Tina Thrussell (Shin Dao) – “Joy of Movement”**

Moving the body is good not only for physical health but for spiritual and emotional health as well. Come experience creative, expressive movement that’s safe, easy to do, improves performance, focus, balance, memory and coordination... and most importantly, is FUN!



### **Tiernan (VA LEAD) – “Volunteerism”**

Volunteer Airdrie presents the importance of leadership in youth in regards to volunteering. This session will include why to volunteer, how to volunteer and information on our youth programming.





**For more information regarding PMAST'S  
Wellness Symposium or to have  
PMAST come to your school,  
visit us at:**

**[WWW.PMAST.ORG](http://WWW.PMAST.ORG)**

**Contact us—be part of the solution**

**[info@pmast.org](mailto:info@pmast.org)**

**Phone 403 808-6043**

## ACKNOWLEDGEMENTS



**A genuine thank-you to the students, teachers, and staff of Good Shepherd School, for the use of their facilities and their time for this special event.**

**Additional thanks to our many volunteers, speakers and those who help to make this event a success and bring mental wellness into focus.**

**A special thank you to Elizabeth Bennett for her continued support of Peer Mediation And Skills Training**

# Volunteers & Supporters

Thank you to all our many volunteers who helped make this event happen and a special thank you to the students who led this initiative. You are awesome and are all part of the change.

AND

Thank you to the following PMAST Supporters:



**Propell:us**



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