



STUDENT MENTAL HEALTH DAY

October 26, 2021 | Livestream

Times listed below reflect MDT (AB) and CST (SK)

Schedule may change prior to the event

Tuesday, October 26

9:30 – 9:40 AM	Welcome
9:40 – 10:00 AM	Session 1 —Who’s Life is This? My Locus of Control (<i>Katy Kwon</i>)
10:00 – 10:10 AM	School Group Activities 1
10:10 – 10:20 AM	Break
10:20 – 10:50 AM	Session 2 —Building Resilience (<i>Katy Kwon</i>)
10:50 – 11:20 AM	School Group Activities & Debrief 2
11:20 – 11:30 AM	Break
11:30 – 11:50 AM	Session 3 —I am not a Teacup; Romans 5:3–5 (<i>Katy Kwon</i>)
11:50 AM – 12:15 PM	School Group Activities & Debrief 3
12:15 – 12:25 PM	Mental Health Resources (<i>Myrna Rempel</i>)
12:25 – 12:30 PM	Closing