



STUDENT MENTAL HEALTH DAY

October 26, 2021 | Livestream

Times listed below reflect the Pacific Time Zone (BC)

Schedule may change prior to the event

Tuesday, October 26

8:30 – 8:40 AM	Welcome
8:40 – 9:00 AM	Session 1 —Who’s Life is This? My Locus of Control (<i>Katy Kwon</i>)
9:00 – 9:10 AM	School Group Activities 1
9:10 – 9:20 AM	Break
9:20 – 9:50 AM	Session 2 —Building Resilience (<i>Katy Kwon</i>)
9:50 – 10:20 AM	School Group Activities & Debrief 2
10:20 – 10:30 AM	Break
10:30 – 10:50 AM	Session 3 —I am not a Teacup; Romans 5:3–5 (<i>Katy Kwon</i>)
10:50 – 11:15 AM	School Group Activities & Debrief 3
11:15 – 11:25 AM	Mental Health Resources (<i>Myrna Rempel</i>)
11:25 – 11:30 AM	Closing