



STUDENT MENTAL HEALTH DAY

October 26, 2021 | Livestream

Times listed below reflect Central Daylight Time (MB)

Schedule may change prior to the event

Tuesday, October 26

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