

Edmonton Regional Gathering Report

Held at the Productivity and Innovation Center at NAIT on November 21, 2023, the meeting was attended by **18 participants** from **10 Alberta campuses** and **2 community organizations**. **50%** were new HCA community members.

Event Summary

The **Get To Know You Activity** included a series of introductory activities to build relationships within the HCA community of practice. Participants shared what was working, and not working, current barriers on campus, and opportunities to explore in the future. Common **themes** shared by participants during this activity included:

- Enhancing social connections among students
- Burnout of students, staff, and faculty
- Community calendar to create awareness of available resources and supports through common activities

In the **Collaboration Activity**, participants collaborated with others in a problem-solving workshop activity for the challenges identified in the Get to know You Activity. Participants' discussions included the following **themes**:

- Social activities for students and staff
- Relational support
- Peer support opportunities for students
- Exploring social media for student engagement

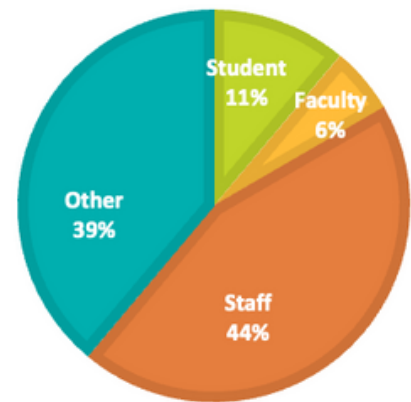
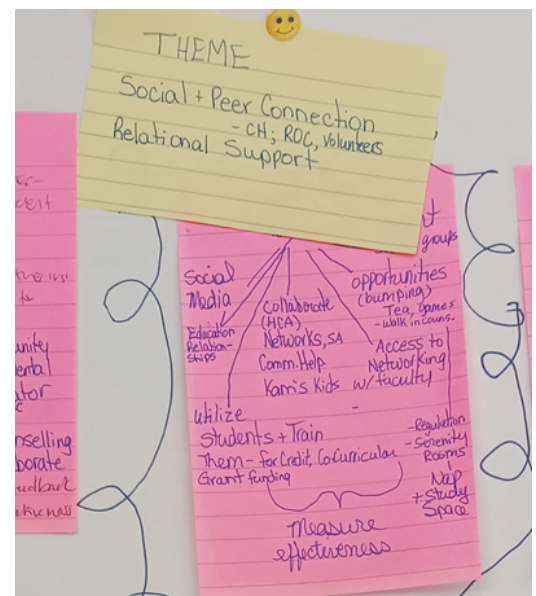


Chart showing the **roles** of the participants at the Regional Gathering.



Photograph of participants' brainstorming during the **Collaboration Activity**



During the **Share & Celebrate Activity**, participants reflected these takeaways:

- "We are not alone!"
- "New connections with colleagues from other schools."
- "How we can collaborate and share resources"



Photograph of participants engaged in discussion.

Input on HCA Activities

How have you engaged with HCA in the past year?



How do you want to engage with HCA?



What types of learning opportunities would you like to see?



Charts showing the percent of participants who selected the response during the meeting polls. The **top six** responses are shown.



Participants shared **one word** that described how they felt after attending. The top responses are shown.

Participant Feedback



Percent of participants who **agreed or strongly agreed** with the statements in the post-event feedback survey.



Participants shared their **actions** they are planning to take from the Regional Gathering:

- "Connect to other universities and colleges."
- "Came away with some good ideas. Need to plan on how to put them into action."

What's Next?

Upcoming Regional Gatherings

Calgary - January 31, 2024

Online - March 21, 2024

For more information or to register, visit
<https://www.healthycampusalberta.ca/resources/hcagatherings2023-24/>

HCA 2024 Wellness Summit

***Introspection:
Looking Back to Look Forward***

Week June 17- 21, 2024
University of Alberta

More information will be available early in 2024!



Canadian Mental
Health Association
in Alberta
Mental health for all

🐦 @healthycampusab
✉ hcaadmin@cmha.ab.ca
🌐 www.healthycampusalberta.ca