

Healthy Campus Alberta's
2025 WELLNESS SUMMIT



**Reimagining
Campus
Culture**

Summit Experience Journal

Welcome!

HCA is excited to host the Wellness Summit, which promises to be an enriching in-person experience this year. With the theme **“Reimagining Campus Culture”**, we are eager to delve into exciting discussions and collectively celebrate the strides made in bolstering mental health and well-being within Alberta post-secondary institutions.

This complementary Summit Journal offers invaluable tools for personal reflection and wellbeing. It is your guide to maximizing this experience, providing avenues for connection and collaboration with fellow attendees. Each individual in our Community of Practice contributes a distinct perspective, and we're thrilled to have you as a part of this transformative journey.



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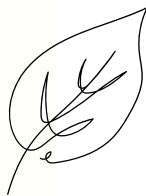
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Land Acknowledgement

As a provincial community of practice, we honor and uphold the Indigenous peoples who have lived on and cared for the lands from which all of us unite in person today. The Cree, Dene, Sauteaux, Stoney Nakoda, Tsuut'ina, Blackfoot Confederacy including the Kainai, Piikani and Siksika, Métis and Inuit peoples have stewarded these territories across Alberta long before the establishment of Treaty agreements.

The University of Calgary, where we have gathered for this summit, is located on the traditional territories of the peoples of Treaty 7, which include the Blackfoot Confederacy the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Goodstoney First Nations). The City of Calgary is also home to the Métis Nation of Alberta (Districts 5 and 6), Otipemisiwak district 5.

We invite you to reflect on your own relationship to the lands you live on and your role in reconciliation.



REIMAGINIG CAMPUS CULTURE

Sub-Themes



Cultivating a Sense of
Belonging



Strengthening Partnerships
Across Campuses and
Communities



Integrating Wellness in
Learning Environments

Acknowledgements

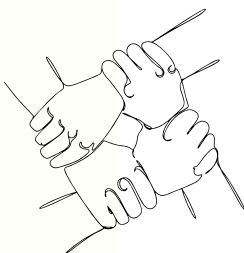
We wish to express our sincere appreciation to our incredible Summit Planning Committee and our dynamic HCA Staff Facilitation team. We are grateful for their collaborative spirit and dedication in planning this event.

Planning Committee Members

Chelsie Graham, *University of Calgary*
Debbie Jansen, *Portage College*
Gurleen Kaur, *University of Alberta, Student*
Kyrsti MacDonald, *Healthy Campus Alberta*
Rebecca Hung, *Healthy Campus Alberta*
Saad Arslan Iqbaal, *University of Alberta, Student*
Saugat KC, *Healthy Campus Alberta, Student*
Shelby Macleod, *CMHA South Region*
Tanya Lyons-Belt, *Red Deer Polytechnic*

HCA Staff Facilitation Team

Kyrsti MacDonald, *Coordinator*
Rebecca Hung, *Administrator*
Saugat KC, *Event Assistant, Student*





DAY 1

Tuesday, June 17th, 2025

8:30 AM - 4:30 PM

- 8:30 am Registration and Breakfast
- 9:30 am Opening the Summit in a Good Way
- 10:15 am Connection Activity
- 10:30 am Break
- 10:45 am Concurrent Session 1
- 12:00 pm Lunch
- 1:00 pm Concurrent Session 2
- 2:00 pm Break
- 2:15 pm UCalgary Research and Knowledge Hub
- 3:45 pm Share and Celebrate
- 4:00 pm Break
- 4:30 pm Summit Dinner and Celebration, hosted by ROC

Please scan the QR code to view the full agenda.



Connection Activity

In this activity, you will go around the room and complete the Bingo Sheet while making new connections. This is your opportunity to find someone who:

is a student	works with a community organization	is an HCA Advisory Team member
has been to previous HCA events	is from a rural campus	is attending the Summit for the first time
is from a Polytechnic	has a morning ritual	has been to more than 3 countries
can name 3 social determinants of health	is presenting at the Summit	traveled by bus

A Gentle Reminder: Take a Break!

Here are a few ideas for recharging during your break time:

Write about what you're grateful for today

Strike up a conversation with the person next to you and share a moment of laughter

Pop outside for some fresh air

Grab a tasty snack or refreshing drink

Take a power nap

Visit the Zen Den

Stand up, stretch, and drink water

Look around and draw anything that catches your eye

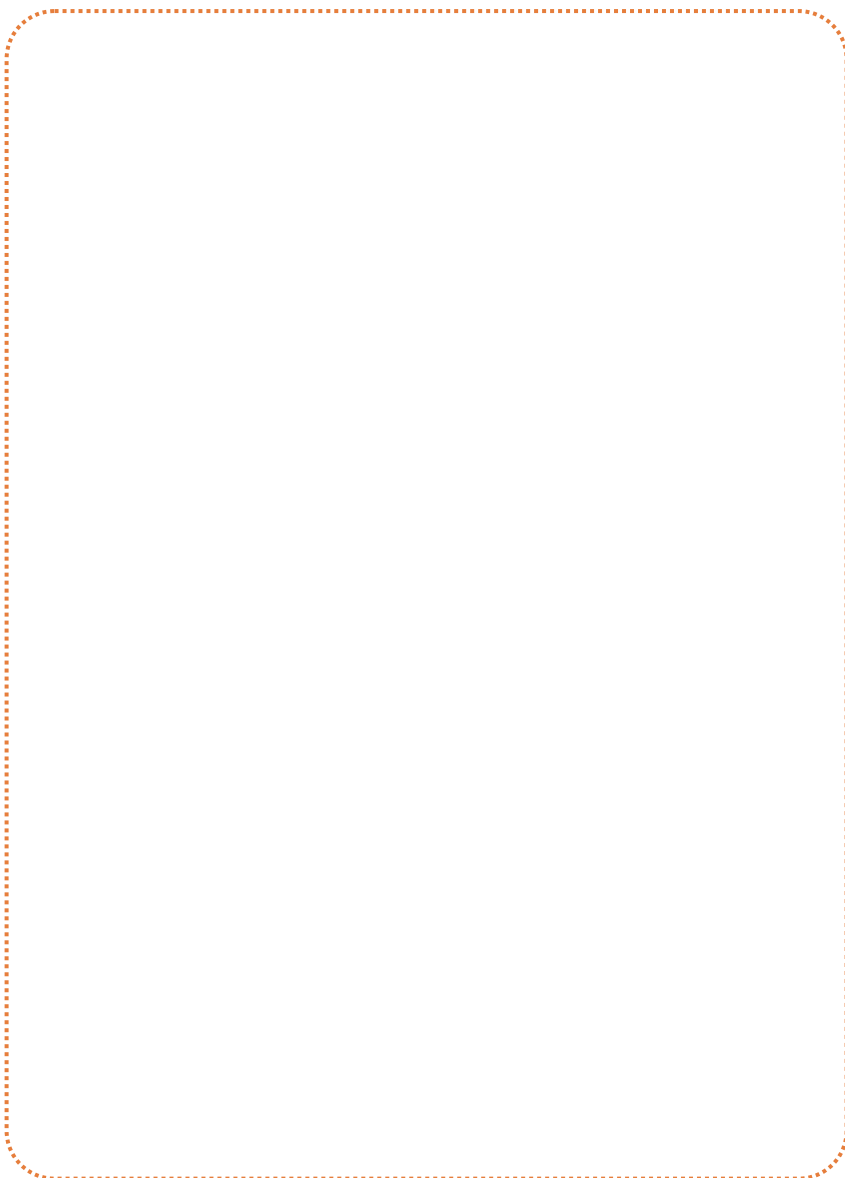
Go for a short walk

Concurrent Session 1

Session Title:

Presenter(s):

Things I found interesting in this session:



Student Zen Den

MB328, Stan Grad Centre

Summit Zen Den

Do you need a space to decompress, relax, and recharge?

The Summit Zen Den serves as a tranquil retreat where attendees can decompress, recharge, and engage in wellness activities.

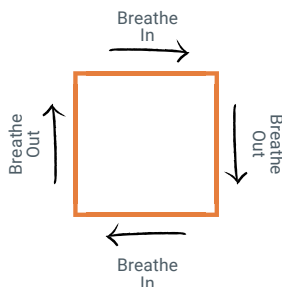
It is located in the **Ariel Room (MH-222)**.

The Summit Zen Den is an adaptation of the Student Zen Den Pilot Project at the Southern Alberta Institute of Technology (SAIT). The Zen Den is an initiative designed to support the mental health and well-being of students by creating a supportive environment through mindfulness practices, educational workshops, and therapeutic activities.

Try This!

Box Breathing Technique

This is a simple and effective relaxation method to promote calmness and reduce stress. Look at the top left edge of the square below and follow the arrows while slowly breathing in and breathing out.

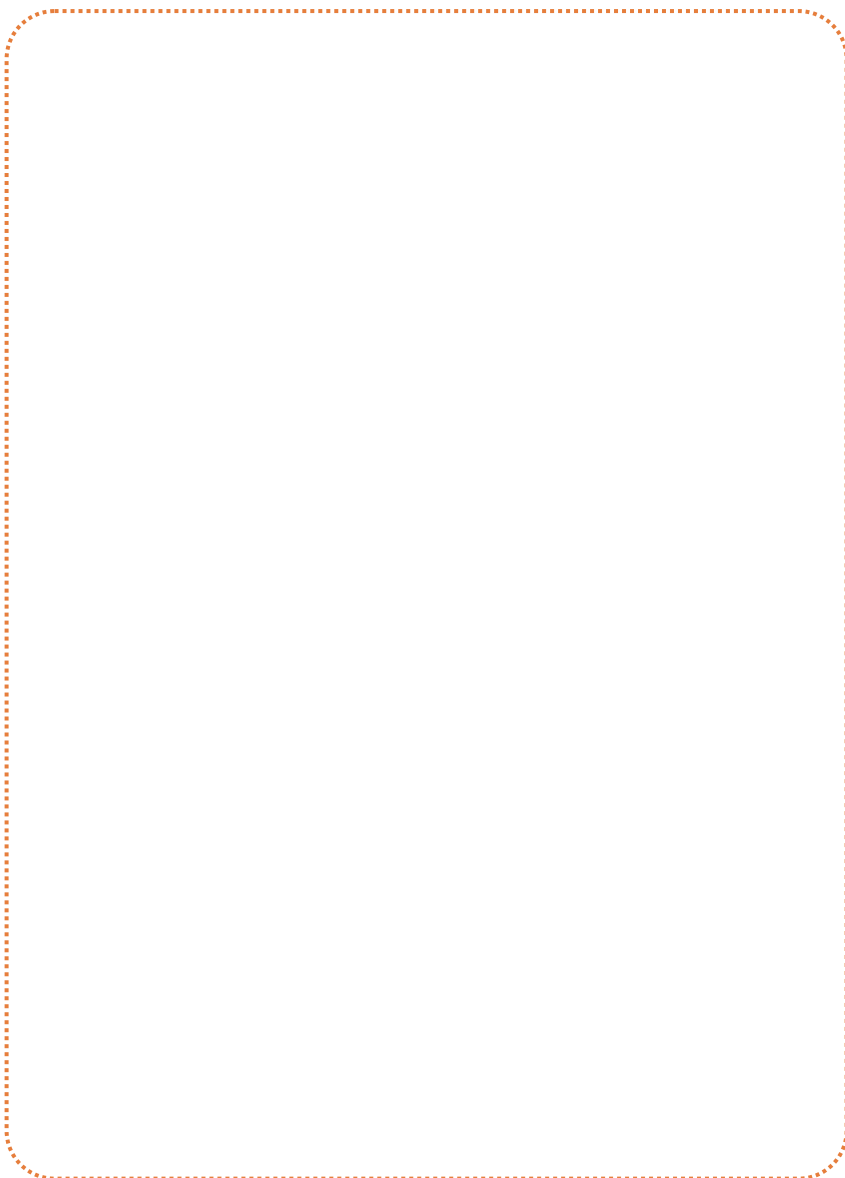


Concurrent Session 2

Session Title:

Presenter(s):

Things I found interesting in this session:



Share and Celebrate

Reflection:

How did today's sessions help you reimagine the campus culture at your campus?

Additional Resources



Scan the QR Code
to access the
resources

Mindfulness Exercise

<https://www.tendacademy.ca/feet-on-the-floor/>

Yoga for Mental Health

<https://tinyurl.com/6ws52zhj>

Self-Compassion

<https://tinyurl.com/8ruauvax>

DAY 2

Wednesday, June 18th, 2025

8:30 AM - 3:00 PM

- 8:00 am Doors Open and Breakfast
- 8:30 am Welcome and Day 1 Reflection
- 9:00 am Concurrent Session 3
- 10:00 am Break and Connection Time
- 10:30 am Concurrent Session 4
- 11:30 am Collaboration Session
- 12:30 pm Lunch
- 1:30 pm Keynote Address - Dr. Michael Ungar
- 2:30 pm Share and Celebrate & Closing in a Good Way

Please scan the QR code to view the full agenda.

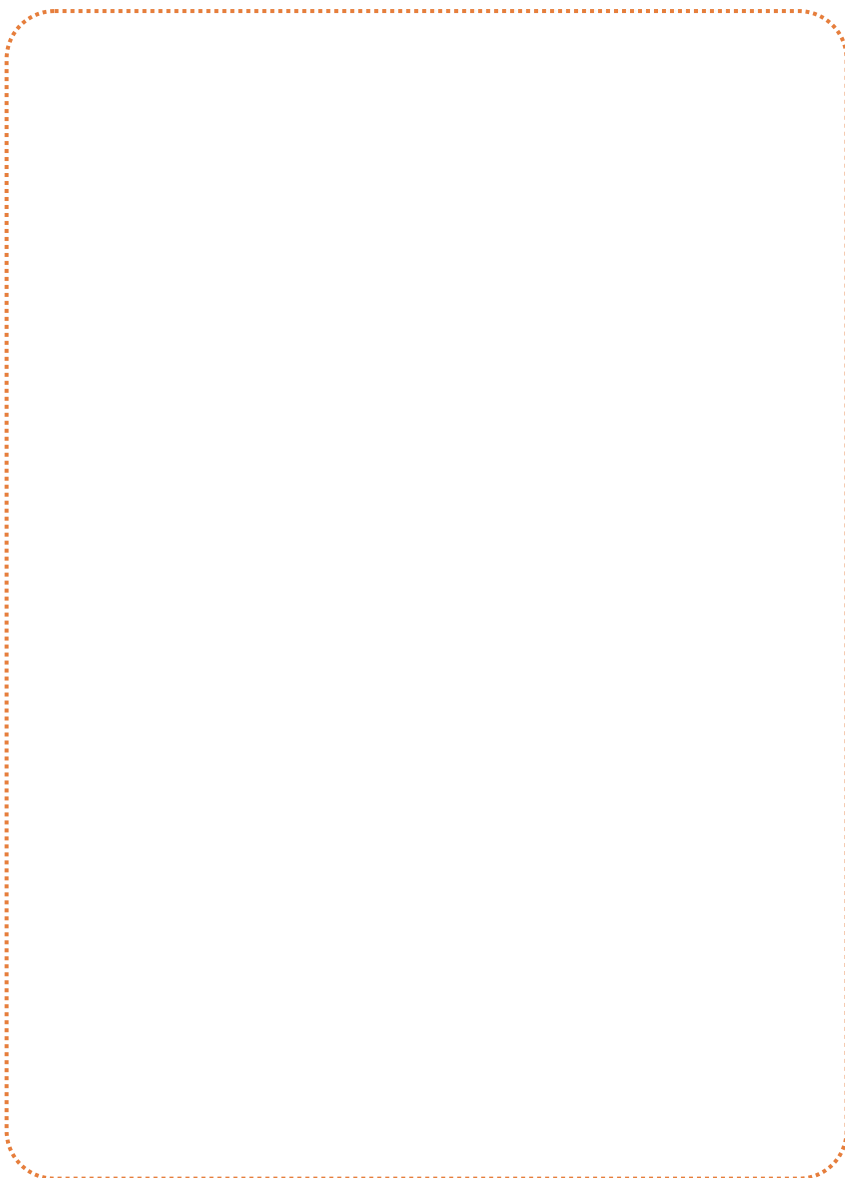


Concurrent Session 3

Session Title:

Presenter(s):

Things I found interesting in this session:



Wellness Resources

In our Wellness Summit, nurturing mental health is our foremost commitment. We strive to cultivate an atmosphere conducive to collaboration, learning, and the appreciation of the multifaceted aspects of mental well-being. Together, let's prioritize enhancing our own wellness and sparking inspiration for each other's growth.

Within this journal, you'll find activities tailored to nurture various facets of mental health. We urge you to pause when necessary, utilize the quiet room, step outside for a breather, or seek support from a colleague. Embracing these moments fosters resilience and strengthens our collective mental wellness journey.

If you or someone you know are in need of support at any point during the summit, please refer to one of the following community resources:

Alberta 211	Call 2-1-1 or visit online
Mental Health Help Line	Call 1-877-303-2642
Suicide Crisis Helpline	Call 9-8-8
Hope for Wellness Helpline	Call 1-855-242-3310 or visit online

Share your Thoughts!

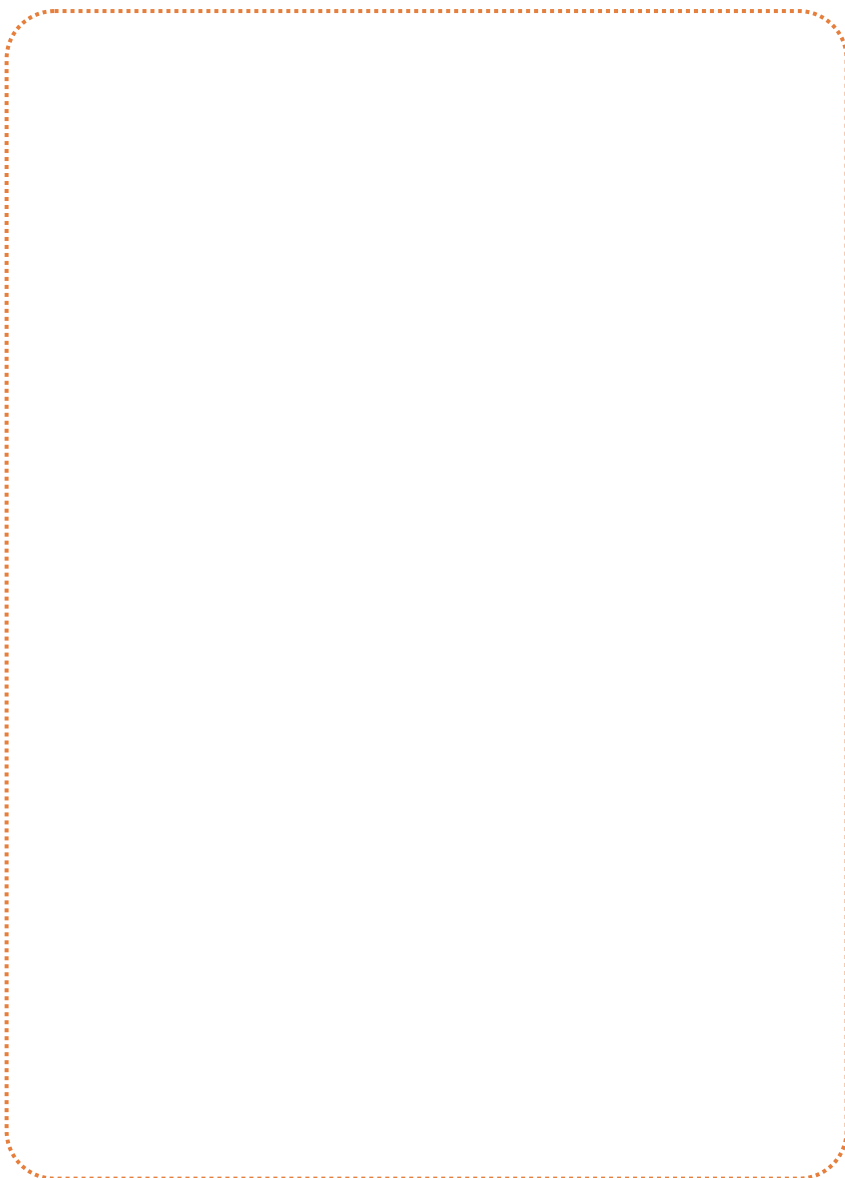
At any time during the Wellness Summit, use the sticky notes or postcards found on the tables to write your thoughts and share them on the "I want to celebrate" poster board.

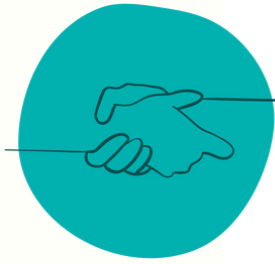
Concurrent Session 4

Session Title:

Presenter(s):

Things I found interesting in this session:





Do you experience a sense of community at your post-secondary institution?

How well does each statement below describe your experience at your institution?

1 - Not at all

2 - A little

3 - Somewhat

4 - Quite a bit

5 - A lot

- a. People get along well together at my institution ☐
- b. My institution supports everyone getting and improving their professional qualifications ☐
- c. People feel supported and able to advance their learning and careers at my institution ☐
- d. If someone is upset, they can reach out and get help from others at my institution ☐
- e. People at my institution respect their leadership ☐
- f. People at my institution talk to me and others about how they feel when life/work gets challenging ☐
- g. People at my institution feel supported by me and others ☐
- h. People at my institution feel that they belong ☐
- i. I stand by others at my institution when times are hard (for example, when they make a mistake or are ill) ☐
- j. I feel treated fairly at my institution ☐
- k. I have opportunities to show others at my institution that I can take responsibility and be trusted ☐
- l. I feel safe, both physically and emotionally, when I am at my institution ☐
- m. I have opportunities to use my skills and share my talents at my institution ☐
- n. I like my institution's culture and the way we build a sense of collective identity and purpose ☐

Your Sense of Community Score: ____ / 70

Looking Back:

What will you remember the most from this summit?



Building Forward:

What are you taking away from the summit? How has the summit inspired you?



Use this space to capture your closing thoughts about the summit.



Notes

A 20x20 grid of small gray dots on a white background. The dots are arranged in a regular, repeating pattern, forming a square grid. There are 20 dots in each row and 20 dots in each column, totaling 400 dots. The dots are small, solid gray circles.

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Contacts

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**Thank you for attending the
Healthy Campus Alberta
2025 Wellness Summit.**