



HCA 2025 Wellness Summit

RESOURCE SHEET



References & Resources

We asked presenters to share references or resources for their sessions and have listed them below.

Zen Den

Facilitated by: (SAIT) Julie Egers, Gislaine Andrade

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/SAIT-Zen-Den.pdf>

Day One - July 17, 2025

Concurrent Session 1

Build Your Own Campaign to Cultivate Belonging: Lessons Learned from Suicide Prevention Campaigns at the U of A

Facilitated by: Heather Ritz, Brianna (Bri) Bucalo, Tiffany Sampson

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Build-Your-Own-Campaign-to-Cultivate-Belonging-Lessons-Learned-from-Suicide-Prevention-Campaigns-at-the-U-of-A.pdf>

Residence Connect: The power of a student neighbourhood

Facilitated by: Lorelee Marin, Judy Eyben

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/ResidenceConnect-compressed.pdf>



Concurrent Session 2

Empowering Security Staff: Trauma-Informed Crisis Intervention in Post-Secondary Institutions

Facilitated by: Jody Arndt, Manesha Sidhu

Resources/References: <https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Empowering-Security-Staff.pdf>

Roundtable Session

University of Calgary Research and Knowledge Hub Presentation

Facilitated by: Dr. Jennifer Thannhauser, Dr. Andrew Szeto, Brittany Lindsay

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/UCalgary-RK-Hub.pdf>

Day Two - July 18, 2025

Concurrent Session 3

Self-Compassion for Workplace Stress and Burnout

Facilitated by: Chantel Walker

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Work-Stress-Handouts-April-2025.pdf>



The Value of Questions and Uncertainty to Promote the Goals of EDI

Facilitated by: Mirjam Knapik

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/The-Value-of-Questions-and-Uncertainty-to-Promote-the-Goals-of-EDI.pdf>

Expanding Student Access to Mental Health Services: Insights and tools from a drop-in counselling pilot

Facilitated by: Christina Spinelli, Virginia Duran

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Expanding-Student-Access-to-Mental-Health-Services.pdf>

Concurrent Session 4

miyomahcihowin & miyo-wîcêhtowin: The Role of Relationality in Supporting Post-Secondary Indigenous Student Wellness

Facilitated by: Crystal Pennell

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/miyomahcihowin.pdf>





Empowering Student Well-being: Peer-Led Approaches to Building Inclusive and Supportive Learning Environments

Facilitated by: Nanako Furuyama, Rosa Herrera Figueroa, Zainab Jirwuala, Gurleen Kaur

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Livedexperienceasacatalystforinclusivecampusenvironment-s-compressed.pdf>

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Wellness-Classroom-Visits.pdf>

Bridging Campus Wellness: Health Promotions, Student Representatives, and Community

Facilitated by: Lori Harasem, Tosh Wells

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Campus-Wellness-Health-Promotions-Student-Representativesand-Community.pdf>

Enhancing Educator Wellbeing and Student Support: Utilizing a Faculty Mental Health Toolkit

Facilitated by: Lindsey Fiebig

Resources/References:

<https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Enhancing-Educator-Wellbeing-and-Student-Support-Utilizing-a-Faculty-Mental-Health-Toolkit.pdf>