



## **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:** <a href="https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Empowering-Security-Staff.pdf">https://www.healthycampusalberta.ca/wp-content/uploads/2025/07/Empowering-Security-Staff.pdf</a>

## **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**

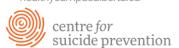
## Self-Compassion for Workplace Stress and Burnout

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/Livedexperienceasacatalystforinclusivecampusenvironments-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



