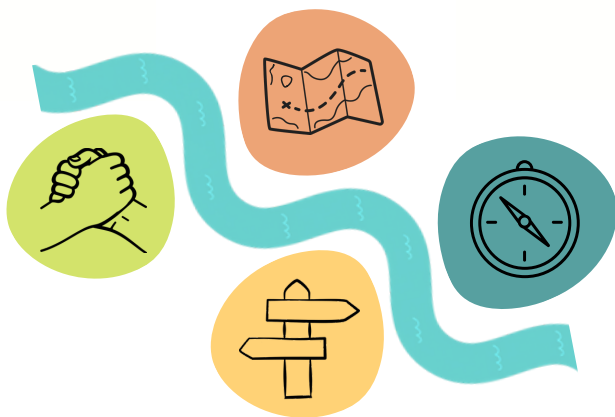


Healthy Campus Alberta's

2026 WELLNESS SUMMIT



Wayfinding: Together in Wellness

Summit Journal and Program

Name: _____

Welcome!

HCA is excited to host the 2026 Wellness Summit, which promises to once again be an engaging experience! This year's theme, **"Wayfinding: Together in Wellness"**, is all about bringing people together to discuss and navigate the complex challenges Alberta's post-secondary institutions are facing. Your experiences and perspectives are pivotal in shaping wellness-centred campus communities, and we hope you see this reflected in all of the Summit programming.

This Summit Program and 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. We're thrilled to have you as a part of this transformative journey.



Canadian Mental
Health Association
Alberta
Mental health for all



centre for
suicide prevention



HEALTHY
CAMPUS
ALBERTA

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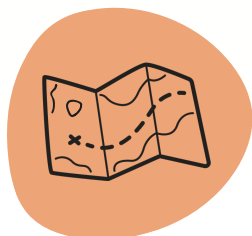
Contact Sheets and Notes

Summit Streams



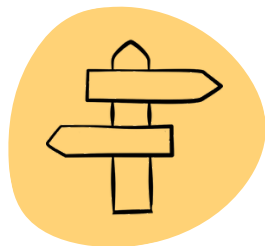
Meeting People Where They Are

This stream invites opportunities for connection on the path toward healthier campus communities by looking for ways to engage students meaningfully and allow them to feel safe and comfortable to show up with their whole selves in mental health and wellness spaces with all of their diverse experiences.



Mapping a Sustainable Path

In the face of increasing demand and limited resources, this stream invites campuses to gather information on the work already being done across campuses and in the surrounding communities; reducing silos and building capacity.



Responding to Changing Landscapes

This stream considers how campus communities navigate the broad shifts influencing post-secondary life, considering how we collectively navigate these shifts while maintaining a sense of steadiness and connection.

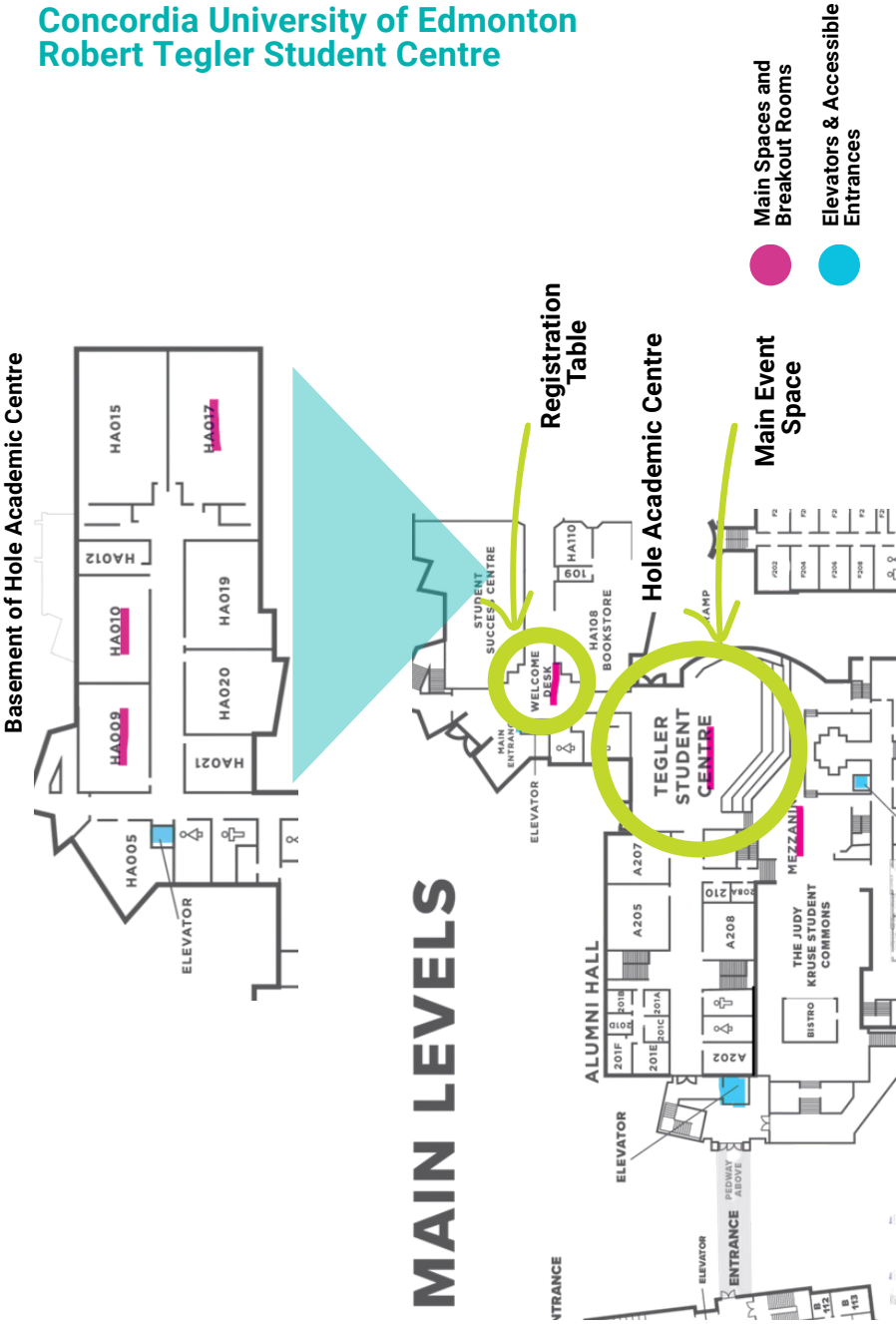


Orienting to Well-being through Coping, Connection & Recovery

This stream explores how students and staff navigate the stresses and pressures of campus life, and how campuses can respond with compassion, understanding, and meaningful support.

Venue Map

Concordia University of Edmonton
Robert Tegler Student Centre

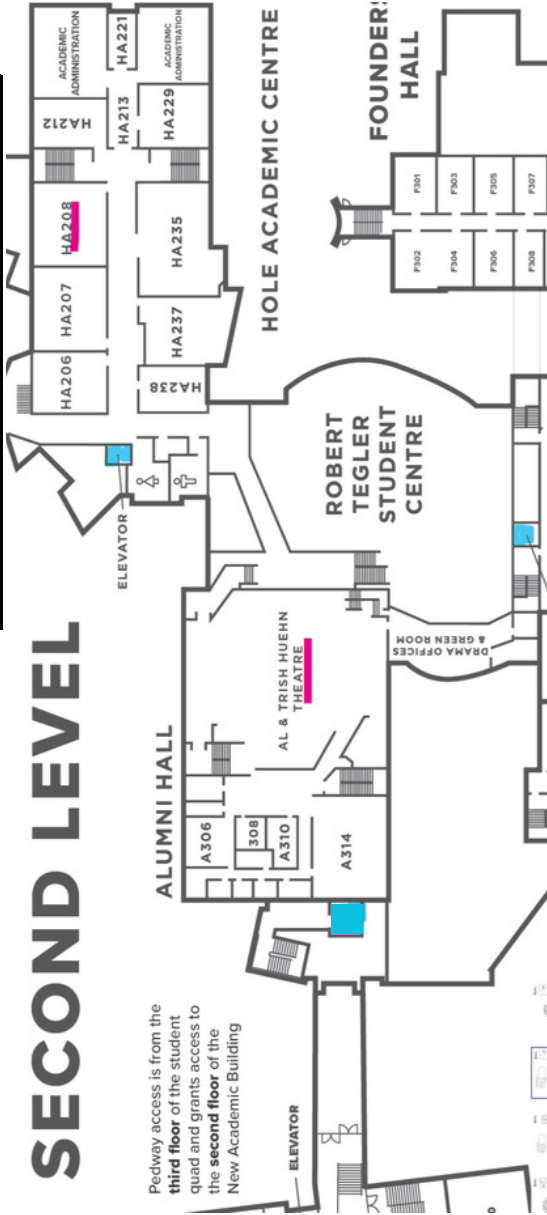


Venue Map

Concordia University of Edmonton
Robert Tegler Student Centre



- Main Spaces and Breakout Rooms
- Elevators & Accessible Entrances
- Wellness Room



Wellness Resources

During 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 well-being. Together, let's prioritize enhancing our own wellness and sparking inspiration for each other's growth.

If you need a space to decompress, relax, and recharge during the Summit, try the Summit Wellness Room located on the third floor in H-303 (the Alan Huehn Lounge), right next to the elevator!

The Summit Wellness Room serves as a tranquil retreat where attendees can decompress, recharge, and engage in wellness activities. Thank you to CUE for putting this together for us!

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

Alberta 211	2-1-1 or visit online
Suicide Crisis Helpline	9-8-8
CMHA Edmonton 24/7 Distress line	780-482-4357
Hope for Wellness Helpline	1-855-242-3310 or visit online

Celebrate yourself and others!

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.

Wellness Tip Bingo

In this activity, you will be given some ways to take care of your well-being throughout the summit. Complete these activities to try and get bingo!

Write about what you're grateful for today	Start a conversation with someone new	Stand up and stretch
Have a snack	Drink some water	Look around and draw anything that catches your eye
Go for a short walk	Ask someone else about their wellness practices	Call or text a friend or family member

Additional Resources



Scan the QR Code
to access the
resources

Mindfulness Exercises

<https://www.calm.com/blog/5-minute-mindfulness>

Quick Chair Yoga

https://www.youtube.com/watch?v=xRH1To_xyr8

Self-Compassion Meditation

<https://www.youtube.com/watch?v=ZofB--ZO358>

Day One

Registration

8:30 AM–9:30 AM

Opening the Summit in a Good Way with Elder Tom Snow

9:30 AM–10:30 AM



Tom Snow is a lethka Nakoda from the Stoney Indian Reserve in Morley. He has been a facilitator of traditional Nakoda teachings and ceremonies across Alberta, Saskatchewan and Montana. He managed a Child Services business for 11 years where he provided youth work, language instruction, and family reunification visits.

He developed a Wellness program for the Wesley First Nation before going to Bent Arrow Traditional Healing Society, where he continued as an Elder, leading ceremonies, circles, educating staff, reintroducing families to their own cultural practices. Tom also teaches the Nakoda language.

Now, Tom is with kihew waciston, MacEwan University's Indigenous Centre, as a Knowledge Keeper. Tom educates about historical trauma, including the effects of the Indian Act, Residential School, Colonization, Sixties Scoop, and more, to address the underlying causes of many Indigenous issues.

He is a Knowledge Keeper to Alberta Child Services', sits on the Indigenous Circle for End Poverty Edmonton, and is an ongoing contributor to the Truth and Reconciliation Commission.

Tom is also involved with the Kihcikaw Askiy, a place in Edmonton for Indigenous people to gather for ceremonies, education and cultural activities. He is a member of the Edmonton Framework committee for better relations with Indigenous People, named Wahigicobi.

When not at work, Tom enjoys being with his wife, family from an earlier relationship, relatives, staying connected with his culture, hunting, fishing, camping and ceremonies. He is always in search of more material for Indigenous Antiquity in North America.

Wellness/Connection Break

10:30 AM–10:45 AM

Concurrent Session 1

May 21, 2026, 10:45 AM–12:00 PM



Scan the QR code to
learn more about
today's presenters!

Co-Design for Connection: Student Partnerships that Build Belonging on Campus

Ashley Barrett and Ricardo Avelar,
Mount Royal University



Student engagement is not only a marketing challenge, it is a relevance and relationship challenge. At Mount Royal University, the Healthy Campus Team has been working with students as partners to co-design initiatives that respond directly to student experiences and needs. This interactive session shares a practical co-design model used to develop programs that strengthen belonging and connection on campus. Presenters will explore how partnerships with students led to initiatives such as Speed Friending events that create intentional opportunities for peer connection, and Wellness Hour, a supportive space designed with equity-deserving students to foster community, psychological safety, and navigation of campus resources. Participants will learn how co-design processes can move ideas from concept to meaningful engagement. Through examples and practical tools, attendees will leave with strategies, a co-design sprint framework, and evaluation tips to help develop student-centered initiatives that build connection and increase participation on their own campuses.

Grounding Your Wellness: A Medicine Wheel Reflection

Janice Randhile and Nicki Eastly,
Medicine Hat College



At this interactive workshop, participants will be introduced to the Medicine Wheel, a powerful Indigenous framework for holistic health and balance. We will explore its four interconnected quadrants—often representing the physical, emotional, mental, and spiritual aspects of self—and discover how this ancient symbol provides a roadmap to overall wellness. Through guided discussion and reflection, attendees will learn how to apply this model to their own lives, identifying areas of strength and those needing attention. This session offers a respectful and insightful opportunity to connect with Indigenous teachings, fostering a deeper understanding of balance and well-being within a campus setting.

Rolling With the Anxiety: How Therapeutically-Applied Roleplaying Games Can Reduce Social Anxiety for Post-Secondary Students

Kasra Hakimattar, Bow Valley College, and
Nicholas Brandt, Mount Royal University



In the Winter 2026 semester, Kasra and Nick facilitated a pilot of Dungeons & Worry Dragons, a Therapeutically-Applied Roleplaying Game administered in a group setting. Students engaged in a 10-week role-playing adventure that helps them practice communication, teamwork, and intentional social interaction to help them overcome interpersonal challenges in a fun and supportive atmosphere. This session, Kasra and Nick will share their experience and findings from facilitating this program, offering key takeaways for counsellors who may be interested in offering the program at their own institutions.

Five Years & Beyond: The Path to Student-Athlete Wellness

Nate MacLellan, **Billie Brown**, **Ryan Bird**, **Meagan Goerz**, **Georgia Bowman**, and **Cohen Kushnerik**, Concordia University of Edmonton



Post-secondary recreation and athletics programs play an important role in supporting student wellbeing beyond physical performance and activity. This session brings together several perspectives on how campuses are creating environments that support student-athletes as whole individuals. Presenters will share approaches that expand recreation programming to foster inclusive campus community and connection across diverse student groups. Participants will also learn about initiatives that integrate wellness directly into athletics, including the Five Years & Beyond program, which supports student-athletes across the Seven Dimensions of Wellness. Together, these examples highlight how recreation and athletics spaces can become powerful settings for promoting belonging, wellbeing, and personal growth. Through a series of short presentations, attendees will gain ideas and practical insights for embedding holistic wellness approaches within campus recreation and athletics programs.

Thoughtful Thursday: Creative Practices for Wellbeing through Seasonal Wisdom and Peer Connection

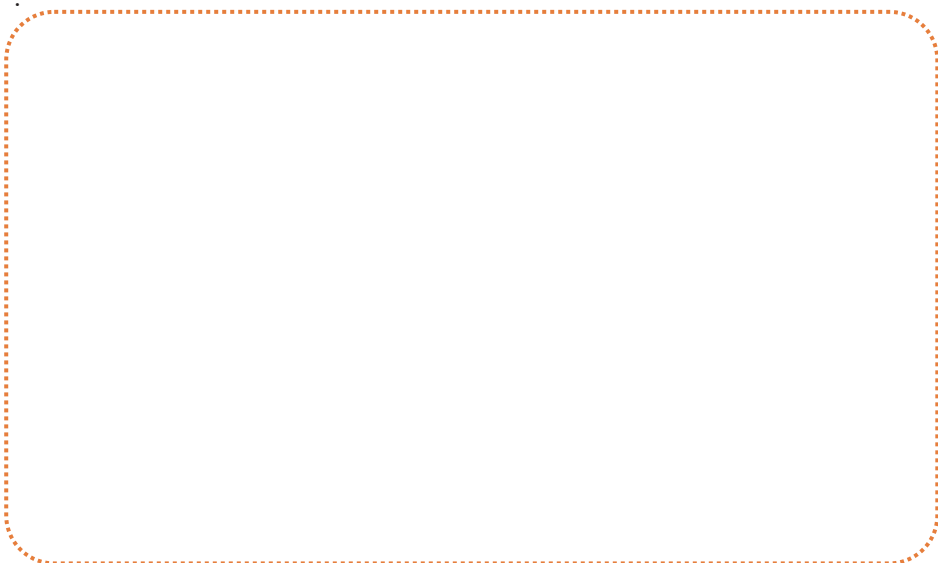
Andrea Hunt, Southern Alberta Institute of Technology, and **Sarah Dubreuil Karpa**, Mount Royal University



Creative, experiential approaches to wellbeing can offer accessible and meaningful ways for students to pause, reflect, and connect. This session brings together two complementary approaches that use art, mindfulness, and peer engagement to support student wellbeing. Participants will be introduced to a holistic wellness workshop framework grounded in seasonal wisdom from SAIT, including a short guided visualization and a nature-connected creative activity designed to support reflection and balance throughout the year. Building on this, presenters will share Thoughtful Thursdays, a peer-led, drop-in program developed through the After Hours Peer Support Centre (AHPSC) at Mount Royal University that promotes resilience and mindfulness through accessible, art-based activities such as vision boards, rock painting, and affirmation jars. Together, these approaches from SAIT and Mount Royal University highlight how creative practices and peer-led spaces can foster connection, support mental health, and provide low-barrier opportunities for students to engage in wellbeing on campus.

Your Creative Space!

Use this space to doodle, draw, or capture your creative ideas:

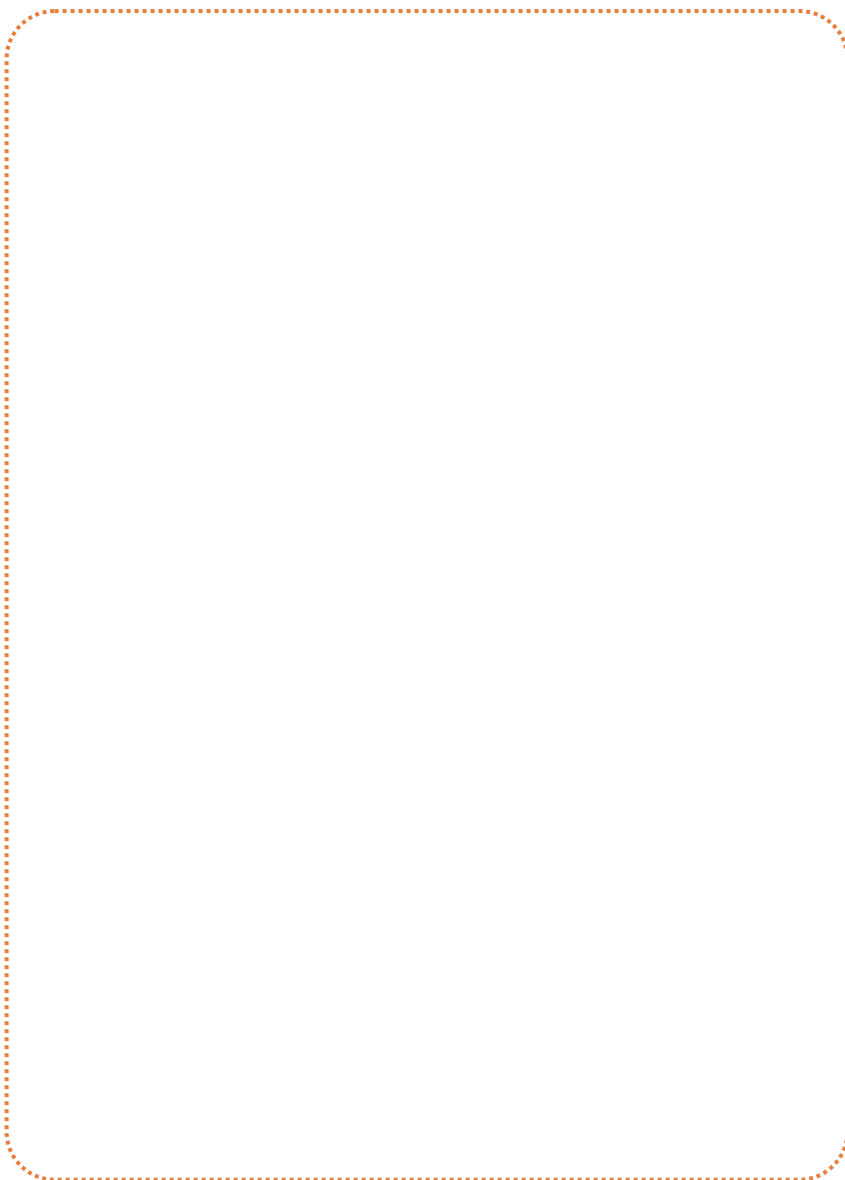


Concurrent Session 1

Session Title:

Presenter(s):

Things I found interesting in this session:



Concurrent Session 2

May 21, 2026, 1:00 PM–2:00 PM

Unplugging with Purpose: Shifting Students' Digital Habits and Campus Approaches to Connection

Taylor Doef and **Lisa Tiegen**, The Kings
University



As digital technologies increasingly shape how we work, learn, and connect, many students are navigating constant notifications, multitasking, and online engagement. This session explores how campuses can better understand and respond to the impact of digital habits on student well-being and connection. Engaging in regular positive social interactions is critical for well-being. These interactions, however, have undergone significant changes in our modern digital age. The mobile smartphone provides access to an inexhaustible amount of stimulation and distraction. Phubbing or “phone snubbing” occurs when people use their phone in a social setting instead of talking directly to those in their company. The experience of phubbing in dyadic relationships demonstrates negative impacts on relationship satisfaction, enjoyment of conversation, and mood. To combat this, digital detoxes provide beneficial effects regarding smartphone use and social media addiction. Building on this foundation, presenters from The King’s University will share their King’s Unplugged initiative, highlighting events designed to encourage students to step away from screens, strengthen in-person connection, and spark broader collaboration across campuses.

Meals That Last: A Community-Based Model for Men’s Wellbeing and Violence Prevention on Campus

Danial Jamal, Abdelrahman Alramahi, Adham Bahy, and Nouredin Alsafadi, University of Calgary



Meals That Last is a grassroots men’s wellbeing program that brings men together in the kitchen to cook, eat, and have real conversations about masculinity, relationships, fatherhood, and violence prevention. What started with a few cohorts in Calgary’s Muslim community has since grown into recurring mixed-men sessions on campus with the support of Residence Services and the Sexual and Gender-Based Violence Prevention and Support Office. In this session, we’ll share how the program works, what we’ve learned from running it, and how cooking side-by-side creates the kind of space where men actually open up. We’ll also discuss how this model could be adapted across campuses and communities.

An Indigenous Holistic Approach to Financial Literacy & Wellness

Michelle Eagle Tail Feathers, Red Crow Community College



The Indigenous Holistic Approach to Financial Literacy & Wellness is an interactive and educational presentation that explores a series of financial literacy topics, such as money conditioning, dreams and goals, empowering assets, common sense budgeting, the basics of banking, credit review, and an introduction on financial services. The presentation aims to meet people where they are and to reflect on the individual's beliefs and behaviors in money management. The presentation incorporates Blackfoot Ways of Knowing to explore opportunities for the individual to make lasting changes tailored to their specific needs.

Here For You HQ: Building a Culture of Care in Post-Secondary Education

Taryn Nelson, Red Deer Polytechnic



Developed at Red Deer Polytechnic by a former student turned staff member, Here For You HQ was created to strengthen wellbeing on campus. Designed to centralize information and resource sharing, event promotion, engagement activities, and passive education, the initiative aligns with the objectives and outcomes of the Student Mental Health Strategy. This presentation will walk through the planning, development, and implementation of Here For You HQ, highlighting key considerations and lessons learned. Now serving as a welcoming, one-stop hub, Here For You HQ encourages students to stop by, engage, connect with community resources, and learn how to best support their own wellbeing.

Strengthening Student Mental Health Surveys: Practical Strategies for Institutions

Adrijana D'Silva, University of Calgary



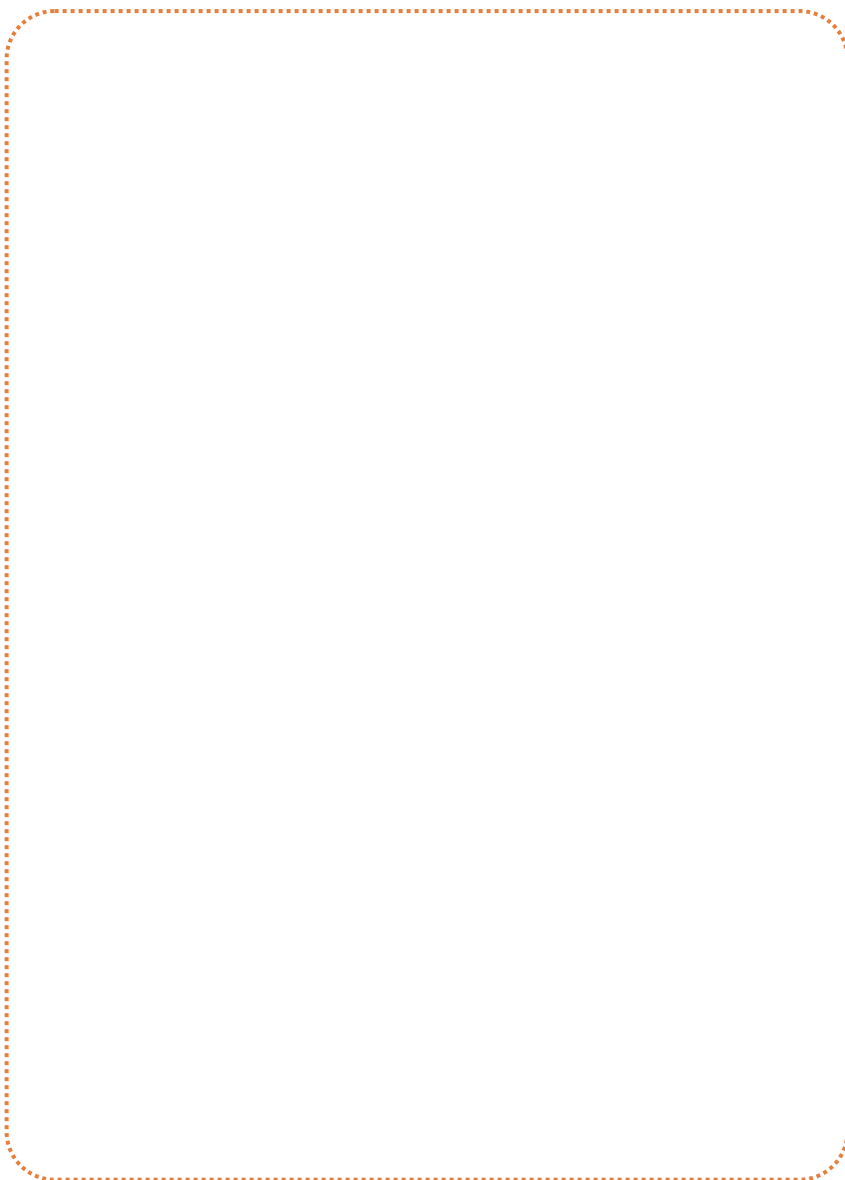
This session explores how post-secondary institutions can ethically and meaningfully engage students in mental health survey practices. Drawing from a multi-phase research initiative examining survey-based mental health data collection across Canadian campuses, we share lessons from an environmental scan and student-engaged focus groups that informed the development of a Student-Informed Mental Health Survey Framework. Rather than focusing solely on findings, this presentation highlights the research process itself (building partnerships, clarifying roles, navigating ethics, and aligning with accountability frameworks) to strengthen trust, transparency, and impact in campus mental health research.

Concurrent Session 2

Session Title:

Presenter(s):

Things I found interesting in this session:



Day One Keynote

Dr. Carol Hopkins

2:15 PM–3:45 PM



Carol Hopkins is the Chief Executive Officer of the Thunderbird Partnership Foundation and is of the Lenape Nation, Canada. Carol was appointed as an Officer in the Order of Canada, 2018. In 2019, she received an honorary Doctor of Laws degree from Western University.

Carol has spent 30 years in the field of First Nations substance use and mental health. She holds both a Master of Social Work Degree from the University of Toronto and a degree in sacred Indigenous Knowledge from Midewiwin, equivalent to a PhD in western based education systems.

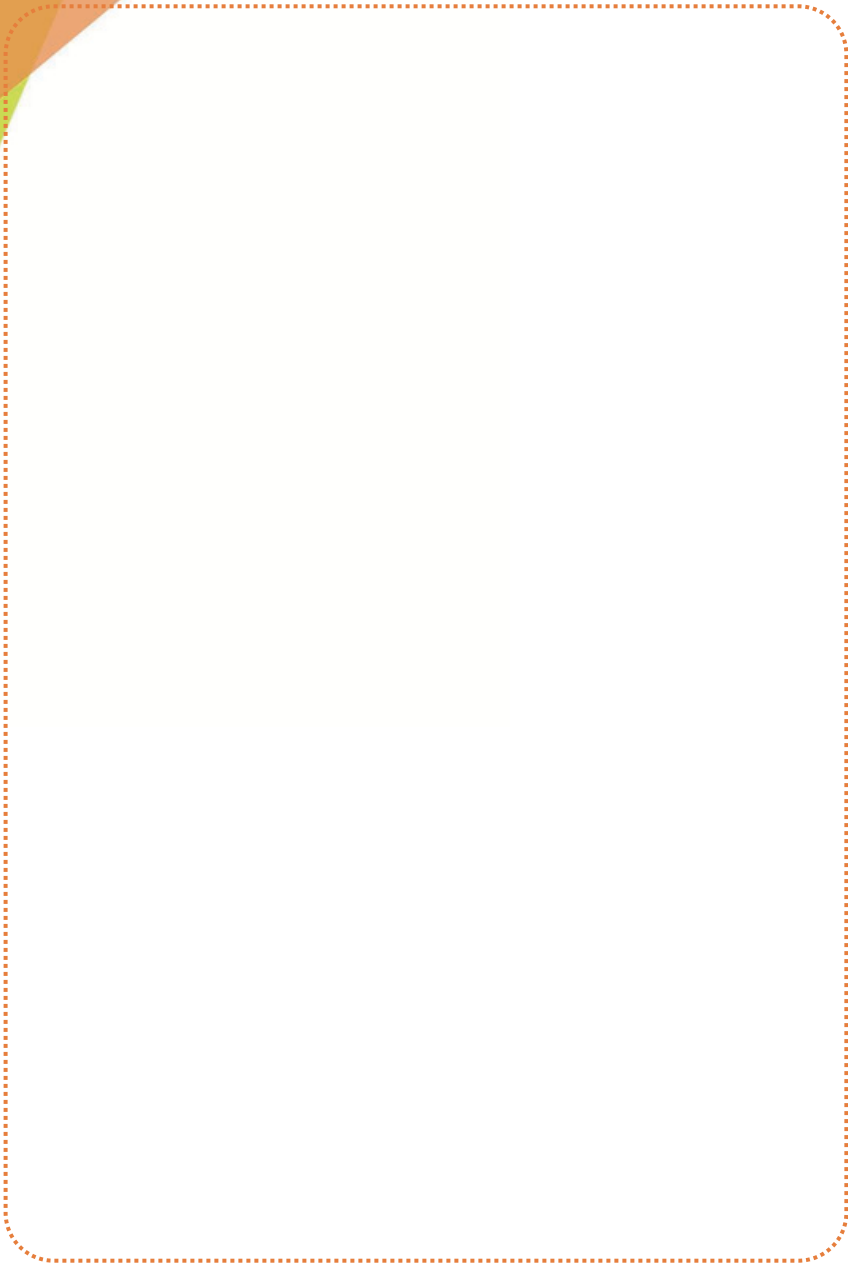
Carol has, throughout her career, made use of Indigenous knowledge and culture in the areas of research, policy, practice-based evidence, teaching, education, and in facilitating processes of decolonization specific to epistemic racism. She has co-chaired national initiatives known for best practice in national policy review and development. Her leadership has been engaged within Health and Mental Health for First Nations, Provincial, Territorial, and Federal governments serving several expert advisory committees and task groups.

In recognition of this work, Carol has received several national awards over the years, and most recently received the 2025 Canada’s Top Mental Health Advocate Award for Indigenous Mental Health.

Your questions:

Use this space to capture questions for Dr. Carol Hopkins to ask during the live Q&A, or submit your questions using the QR code:





Share & Celebrate

3:45 PM – 4:00 PM

Summit Dinner and Recovery Champion Awards

Hosted by Recovery on Campus Alberta

4:15 PM–7:00 PM

Recovery on Campus

The Summit Dinner and Recovery Champion Awards, hosted by Recovery on Campus (ROC) Alberta, is an opportunity to celebrate the summit and recognize the post-secondary institutions involved in creating campus recovery programming on their campuses, the Lived Experience Award winners, and successes in the past year.

Join us for mocktails, a delicious dinner, connection, and celebration!

- | | |
|----------------|--|
| 4:15 PM | Mocktails, Snack, and Introduction |
| 5:00 PM | Buffet Dinner Starts |
| 5:15 PM | Formal Program Starts |
| 6:00 PM | Networking Time |
| 6:30 PM | End of Networking Time Summit Day 1 Close |
| 7:00 PM | Mingling and Take Down |

Day Two

Doors Open & Breakfast

8:00 AM–8:30 AM

Welcome & Day 1 Reflection

8:30 AM–9:00 AM

Concurrent Session 3

May 22, 2026, 9:00 AM–10:00 AM



Scan the QR code to
learn more about
today's presenters!

Voices of Recovery in Post-Secondary Education

Renaud Gom and Amrit Matharoo,
Recovery on Campus/UCalgary
Recovery Community



Drawing on findings from a Canadian pilot study conducted by the Recovering in Place Lab, this session shares student-identified recovery supports, barriers, and campus conditions shaping recovery experiences in post-secondary settings. Emphasizing practice over theory, participants will engage in facilitated breakout groups to reflect on how these findings show up on their own campuses and identify concrete, actionable strategies to strengthen recovery-supportive environments. Through a guided mapping activity, participants will also have the opportunity to surface shared questions and priorities for future community-based inquiry, helping connect evidence to practice in ways that are relevant, feasible, and collaborative. The session supports collective wayfinding toward more sustainable, recovery-inclusive campus systems.

The Value of Experiential Wellness Programming for Staff & Faculty

Leigh Bodnar-Rollings, Mount Royal University



Leigh will share what Mount Royal University (MRU) is currently doing on their campus to promote wellbeing and share low-cost ways wellness programming can be implemented. Specifically, she will focus on the value of experiential wellness programming and explore ways that campuses can tap into the resources that are available to them on campus to promote whole-campus wellbeing. This presentation will discuss how the MRU programming got started, how they built leadership buy-in, and the types of events they hold for employees, and then open up a Q&A/discussion session.

Beyond Digital Detox: Rebuilding Regulation and Real Connection

Richard Lee-Thai, Excuses to Connect



Many of us know the pattern. You check your phone for a moment. 30 minutes pass. You are still scrolling. Doomscrolling, binge-watching, constant notifications. It can begin to feel like technology addiction. In "The Anxious Generation" by Jonathan Haidt, he highlights how rising screen use is causing a mental health crisis. Across campuses, digital overuse often functions as a coping strategy. It helps avoid difficult emotions and manage loneliness, but it actually creates more disconnection and dysregulation. This experiential session offers a different approach to digital detox. Instead of focusing on restriction, discipline, or productivity hacks, we explore what is happening in the body. Participants will engage in guided movement, breathwork, music, and structured reflection to understand how stress shows up physically and how to shift it in real time. When people feel safer, more regulated, and more connected in their bodies, the impulse to digitally numb begins to decrease.

The Conflict Lab: Transform How You Handle Conflict

Julie Hrdlicka, Conflict Revolution



This one-hour workshop introduces the Three Conditions for a Conflict Revolution: Building Place (self-awareness), Holding Space (relational engagement), and Seeing Systems (contextual understanding) within postsecondary life. Postsecondary institutions are meant to foster dialogue and difference, but polarization, pressure, and disconnection often get in the way. Students experience this in how they relate to themselves, peers, and instructors. Through interactive exercises, participants practice the three conditions to strengthen their capacity to engage conflict with more clarity, curiosity, and care.

Digital Wayfinding: Making Instructional Videos to Guide Students Through Complex Systems

David Campbell, Red Deer Polytechnic



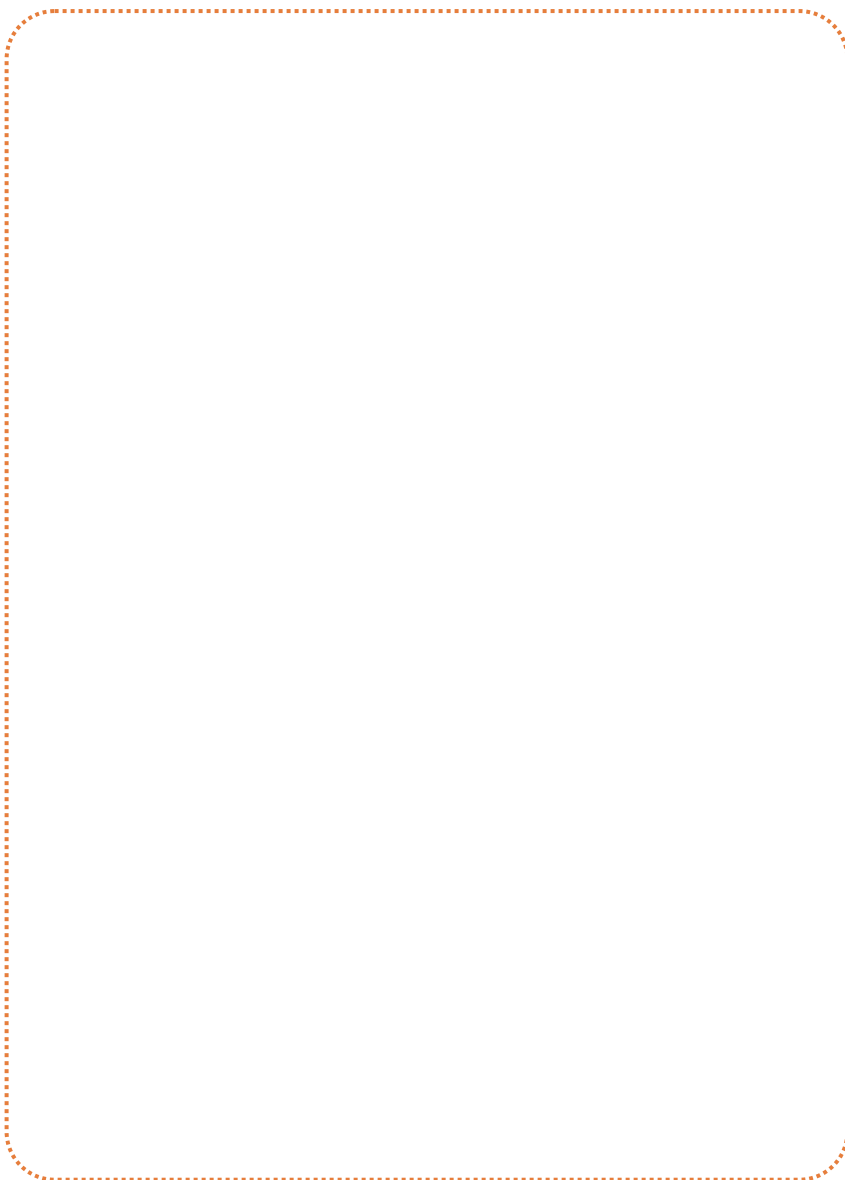
Digital wayfinding is increasingly essential as students navigate complex post-secondary systems with limited time, capacity, and support. This session explores a system for making instructional videos that can support student well-being by reducing confusion, anxiety, and cognitive load, while also supporting staff sustainability. Drawing from practice in accessibility and student services, participants will learn why video is an effective wellness-oriented communication tool and how to create clear, engaging instructional videos without formal media training. The session combines motivation, practical examples, and a live demonstration of a simple, repeatable video-creation workflow that participants can adapt for their own contexts.

Concurrent Session 3

Session Title:

Presenter(s):

Things I found interesting in this session:



Connection & Wellness Break

10:00 AM–10:30 AM

Take a quiet break, explore the **Student Research Showcase** in the Mezzanine, replenish with refreshments, or try our facilitated connection activity, **Speed-friending!**

Speed-friending: Connect with others!

Facilitated by **Ashley Barrett**, Mount Royal University



Many student well-being professionals see the impact of loneliness on campus, yet few programs are designed to help students build meaningful connections. At Mount Royal University, Speed Friending events were launched to create intentional spaces for students to meet and recognize their capacity to connect across all areas of life. Come try this activity with others at the Summit to build connections with others and experience Speed Friending in action!

Concurrent Session 4

May 22, 2026, 10:30 AM–11:30 AM

Counsellors Community of Practice Roundtable – Open Invitation

Facilitated by **Courtney Warren**, Northern Alberta Institute of Technology

Join us for a Counselling Community of Practice (CoP) roundtable! This event is a collaborative space for professionals working in the field of student counselling and mental health to connect, learn, and share expertise. This meeting will bring practitioners together to create and exchange knowledge, build professional networks, and identify emerging trends, research priorities, and advocacy needs in the field to help shape resources and programming that support both counsellor well-being and student success. Whether you are new to the profession or a seasoned practitioner, your insights are valued, and your participation strengthens our collective practice. While this CoP is aimed at Counsellors in postsecondary settings, practitioners in all fields of counselling are warmly invited to attend and contribute to this growing professional community.

***Note: this session will run from 10:30 AM–12:30 PM.**

Indigenous Student Support CoP

This is a dedicated session for those working in Indigenous campus centres and First Nations postsecondary communities to shape a shared provincial space for connection, collaboration, capacity-building, and knowledge-sharing.

Diverse Projects, Common Values: An Array of Student Research Projects on Postsecondary Mental Health

Dr. Brittany Lindsay, Jenin Ahmad, Monique Chen, and Skylar Earle,
University of Calgary



In this session, Dr. Brittany Lindsay will introduce postsecondary mental health research within the University of Calgary context, which will be followed by presentations on various student research projects from former honour students from the Mental Health Lab at UCalgary. Projects explored the impacts of climate anxiety (Jenin Ahmad) and university expectations on student wellbeing (Monique Chen), as well as the stigma towards accommodations and neurodivergence (Skylar Earle). The session will end with a collaborative Q&A discussion with all presenters.

Power Playbook: Innovative Support for Student-Athletes

Sonia Skobkareva, UofA/The Hidden Opponent; Isaiah Neil, UofA/Blue Shoes; and, Madison Kane-Rissling, UCalgary



Building on last year's student-athlete panel, which focused on raising awareness of the unique mental health challenges faced by student-athletes, this interactive session presents an integrative, holistic approach to student-athlete mental health within a campus community of practice. Participants will join current and former student-athletes in a simulated time-management exercise that reflects the lived realities of the student-athlete experience. Then they will explore strategic tools and resources for engaging with the student-athlete body and how they can be implemented on their campus. Finally, participants will come together to discover the benefits of these strategies on the greater campus community.

Cultivating student connection in a disconnected world using evidence-based strategies

Jessica-Lynn Walsh, Owerko Centre with the Alberta Children's Hospital Research Institute, UCalgary



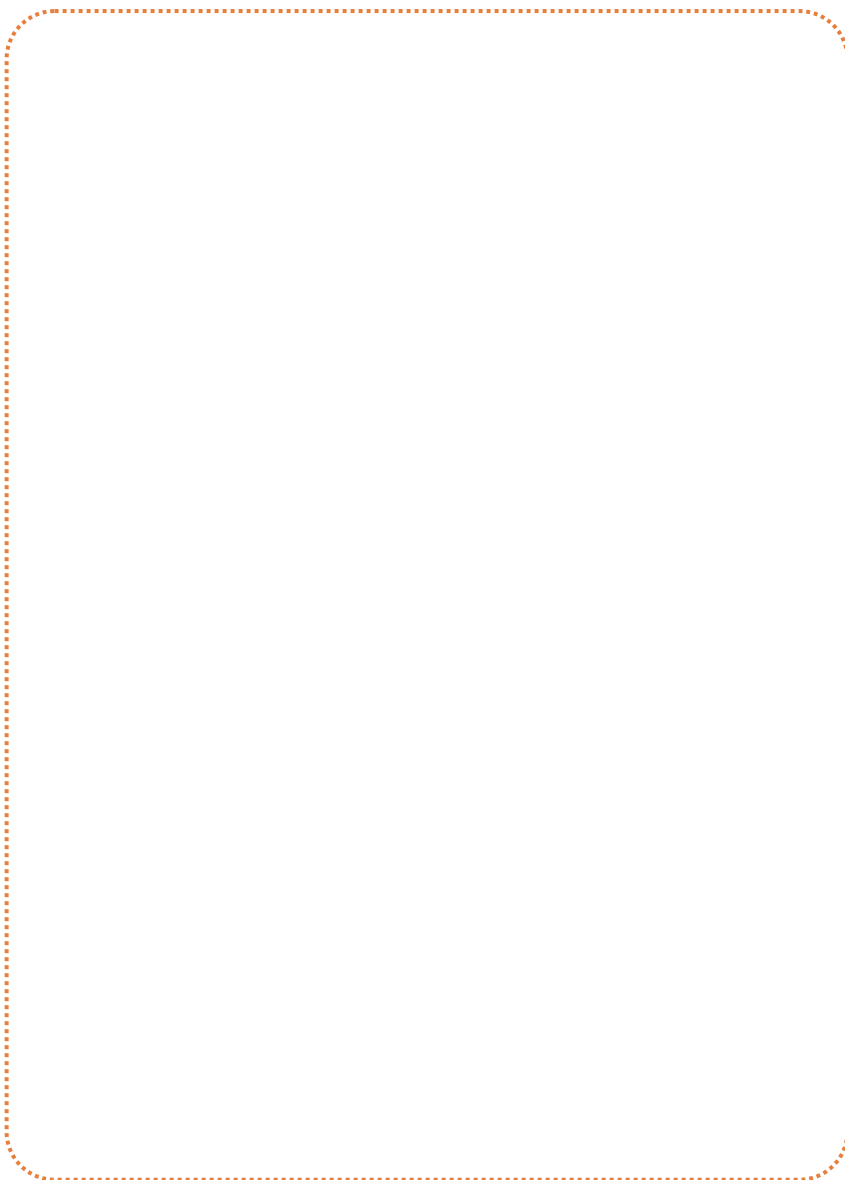
Canadian data indicate that 53% of postsecondary students experienced loneliness last year, while 48% reported low social support. At the same time, growing numbers of students are struggling to form lasting friendships during their postsecondary studies. A lack of meaningful social connection poses significant risks to both physical and mental health and can adversely affect academic engagement and achievement. This presentation will provide an overview of current student wellbeing trends in Canada and Alberta, highlight the critical role of social connection and belonging for health and well-being, and outline evidencebased strategies to strengthen student connection and foster inclusive campus communities.

Concurrent Session 4

Session Title:

Presenter(s):

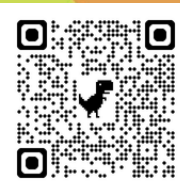
Things I found interesting in this session:



Collaboration Session: HCA Community Hub Launch

11:30 AM–12:30 PM

Join the Hub
by scanning
this QR code



<https://hca-community-hub.mn.co/landing/>

Healthy Campus Alberta is excited to launch the new and improved Community Hub! The **Mighty Networks HCA Community Hub** serves as an engaging, accessible, and ongoing way to interact with and learn from the Healthy Campus Alberta Community of Practice. This is a space to connect and collaborate online, outside of HCA in-person and live events across the province. It is not just another discussion board; rather, a place to share resources, explore hot topics, and stimulate conversations related to post-secondary mental health and well-being.

This session will bring together all attendees to learn about Healthy Campus Alberta's new Online Community Hub, and impact the future of this exciting platform's development. See how you can continue to share resources, connect with campus community members from across Alberta, and collaborate with others over topics that matter most to you.



Welcome to the HCA Community Hub

Join the conversation with members of the community of practice from across the province!

Sign Up

Once signed up, complete the welcome checklist, join spaces of interest, and start connecting!

Download the app to claim a profile badge!



Keep up with HCA Community Hub on the go.

Download the App



 Powered by Mighty



Scan it with your iPhone



Day Two Keynote

1:30 PM–3:00 PM

Pass the Mic:

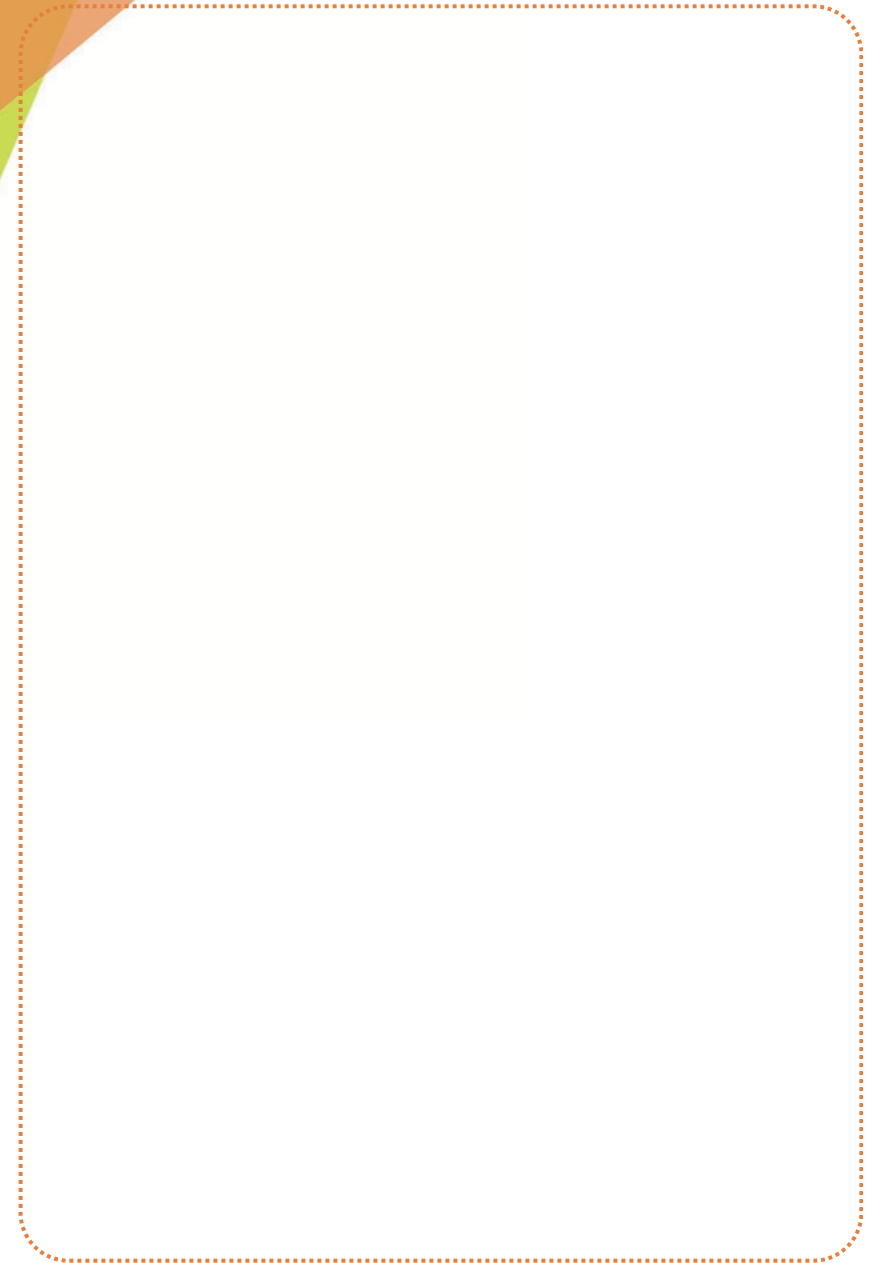
A Student-Led Approach to Engagement

Richard Lee-Thai (Moderator), **Rafay Meer**, **Adam Trudel**, **Janvi Bali**, **Fareena Ahmed**, **Rabia Dhanani**, **Isaiah Neil**, and **Gurleen Kaur**



Creating meaningful student experiences on a large campus requires more than well-designed programming. It calls for authentic partnership with students and a willingness to share power in how engagement takes shape. This University of Alberta panel brings together diverse student perspectives from across campus, including those involved in wellness initiatives, peer engagement, advising contexts, and broader campus life.

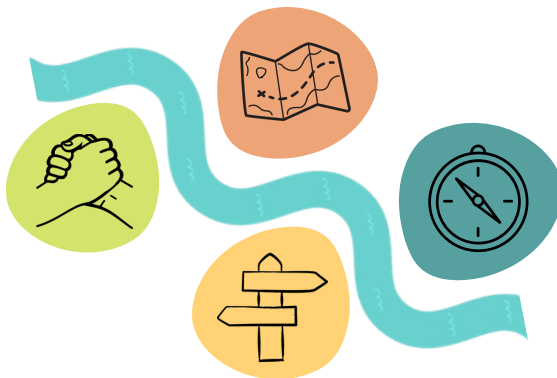
Moderated by Richard Lee-Thai, connection expert and founder of Excuses to Connect, panelists will explore how student voice can meaningfully inform and shape programs, services, and initiatives, highlighting both volunteer-driven models and other forms of student leadership and engagement. Drawing on approaches grounded in universal design, intersectional awareness, and relational wayfinding, the discussion will emphasize moving beyond transactional interactions toward more relational, responsive, and inclusive practices. Attendees will gain practical insights on how to engage students as partners across varied contexts, amplify diverse voices, and create conditions where students are not only supported, but actively influencing and co-creating the systems intended to serve them.



Share & Celebrate and Closing in a Good Way with Elder Tom Snow

3:00 PM–3:15 PM

We will do a final Share & Celebrate session, where we will share our learnings, reflections, and experiences from the Summit, after which Elder Tom will close out our Summit in a good way. After, we invite you to join us for some treats to celebrate together!



The HCA Staff Facilitation Team would like to extend our appreciation to everyone who participated in the 2026 HCA Wellness Summit, especially our Elders and Knowledge Keepers, presenters, and volunteers. We would also like to offer our deepest gratitude to our host campus, Concordia University of Edmonton, located on Treaty 6 territory, Otipimisiwak Métis District 9, and to the land and land ancestors here in amiskwaciywâskahikan (Edmonton).

Moving forward with the knowledge that well-being is relational and deeply connected to land, community, justice, and the health of our environment, may we all continue to reflect on our own relationship to the lands we live and work on, including our ongoing role in reconciliation as we work to promote mental health and well-being on campuses across Alberta.

We hope to see you again soon!

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.

Contacts

Organization:	
Name :	Phone :
Email :	

Organization:	
Name :	Phone :
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**Thank you for attending the
Healthy Campus Alberta
2026 Wellness Summit!**