

Healthy Campus Alberta

2026 Wellness Summit Community Report

The annual Healthy Campus Alberta Wellness Summit is an opportunity for the HCA Community of Practice to gather to learn, share, and celebrate the work being done across the province to strengthen post-secondary mental health and wellness. This year's event took place at the **Concordia University of Edmonton** on **May 21 and 22, 2026**. The theme of the 2026 Wellness Summit was **"Wayfinding: Together in Wellness"**. This theme provided space for collective dialogue and collaboration to explore approaches to reduce stigma, strengthen connection, and address challenges affecting campus mental health and well-being across the province.

The summit was attended by **179** unique participants over the two days with representation from **21** campuses across Alberta, and **11** different organizations including government, healthcare, and community agencies.

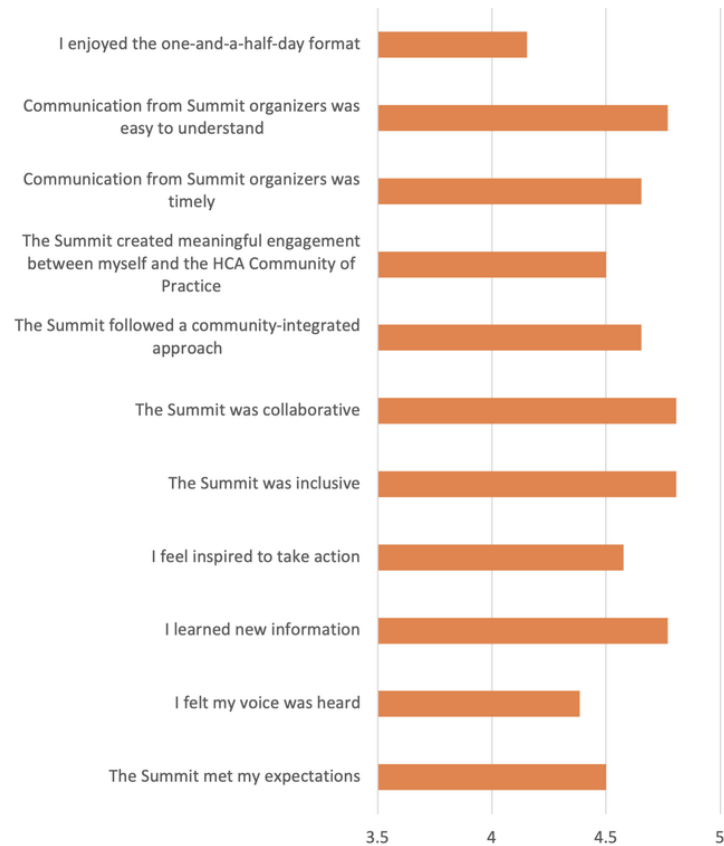


Chart showing the feedback from survey participants regarding the overall Summit experience on the Likert Scale. Survey participants Strongly Agreed or Agreed to all the questions.

Participant Feedback

"It was a great opportunity to connect with other people from the same industry and to create relationships outside of the university I work in."

"Loved the sessions. It [the summit] helps me feel grounded and encouraged to keep doing my work on campus."

"Being a mental health advocate in post-secondary can seem quite isolating at times and this conference really reminds me of why I do this type of work! I feel refreshed, energized, and incredibly grateful!"



A photograph from one of the Summit sessions.

Event Summary

Day 1 - Thursday, May 21st

Opening the Summit in a Good Way

The 2026 Summit was opened in a good way by Elder Tom Snow offering a traditional smudge. Elder Tom's wisdom and teachings recognized the importance of kindness and grace towards the land that we all share and come from.

Connection Activity

The HCA Team called out the names of all the campuses and community organizations present in the room, having everyone cheer for their respective campus or organization. Then, we called out various roles that attendees may hold on their campuses and had them raise their hands so they could identify others in their similar roles that they may want to connect with at the very beginning of the event. After this, participants were asked to introduce themselves to people at their table, encouraging new connections to be built between attendees.

Concurrent Sessions

The concurrent sessions focused on four streams of the Summit:

- Meeting People Where They Are
- Mapping a Sustainable Path
- Responding to Changing Landscapes
- Orienting to Well-being through Coping, Connection & Recovery

The sessions, facilitated by members of the HCA CoP, allowed participants to engage in insightful discussions and collaborate.

Concurrent Session 1

- Co-Design for Connection: Student Partnerships that Build Belonging on Campus
- Grounding Your Wellness: A Medicine Wheel Reflection
- Thoughtful Thursday: Creative Practices for Wellbeing through Seasonal Wisdom and Peer Connection
- Rolling with the Anxiety: How Therapeutically-Applied Roleplaying Games Can Reduce Social Anxiety for Postsecondary Students
- Five Years & Beyond: The Path to Student-Athlete Wellness

Concurrent Session 2

- Meals That Last: A Community-Based Model for Men's Wellbeing and Violence Prevention on Campus
- Helping Students Find The Right Pathway to Post-secondary: Creating a Better Understanding of Mental Health & Wellness in Post-secondary Education Through an Indigenous Lens
- Unplugging with Purpose: Shifting Student's Digital Habits, and Campus Approaches to Connection
- Here for You HQ: Building a Culture of Care in Post-Secondary Education
- Strengthening Student Mental Health Surveys: Practical Strategies for Institutions

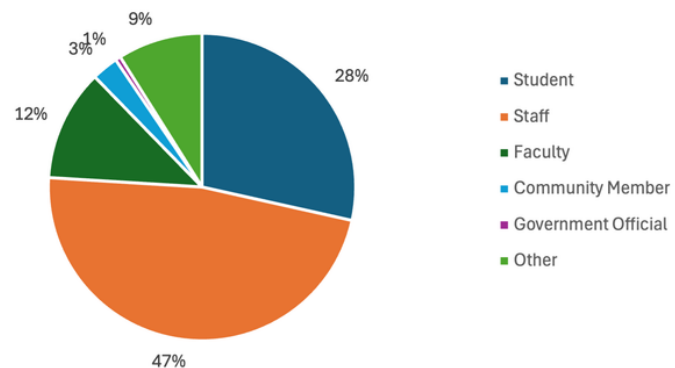
Keynote: Dr. Carol Hopkins

Dr. Carol Hopkins is the Chief Executive Officer of the Thunderbird Partnership Foundation. Through personal stories and the introduction of key mental health frameworks, Carol shed light on the path toward a world where wellness is about bringing diverse perspectives and approaches together to address every facet of a person's wellbeing, so we can find our way together to wellness.

Below is a photo from Dr. Carol Hopkin's keynote address.



Attendee Position



A pie chart showing the positions that attendees held. The majority of attendees were post-secondary staff.

Participant Feedback

"I was able to attend various sessions that related to student engagement, loneliness, and digital detox, all of which are so extremely relevant to practically everyone. I gained so much knowledge that I am so excited to bring back to my campus, and I am extremely grateful for the opportunity to attend."

