



HCA 2026 Wellness Summit

RESOURCE SHEET



References & Resources

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

Day One - May 21st, 2026

Concurrent Session 1

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

Facilitated by: Ashley Barrett and Ricardo Avelar, Mount Royal University

Resources/References:

- https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Co-Design-for-Connection_-Student-Partnerships-that-Build-Belonging-on-Campus.pdf
- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Co-Design-for-Connection-Activities-.pdf>

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

Facilitated by: Andrea Hunt, Southern Alberta Institute of Technology

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/A-Year-of-Wellness-Presentation.pdf>
- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Year-of-Wellness-Handout-Compressed.pdf>
- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/07/Thoughtful-Thursdays-Presentation.pdf>





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

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

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Rolling-with-Anxiety.pdf>

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

Facilitated by: Nate MacLellan, Billie Brown, Ryan Bird, Meagan Goerz, Georgia Bowman, Branden Meier and Cohen Kushnerik, Concordia University of Edmonton

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Five-Years-and-Beyond-CUE.pdf>

Concurrent Session 2

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

Facilitated by: Danial Jamal, Abdelrahman Alramahi, Adham Bahy, Nouredin Alsafadi, and Imaad Nayeem, University of Calgary

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Meals-That-Last.pdf>

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

Facilitated by: Lisa Teigen and Taylor Doef, The King's University

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/07/TKU-Unplugging-With-Purpose-HCA-2026-Summit.pdf>





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

Facilitated by: Taryn Nelson, Red Deer Polytechnic

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/07/TKU-Unplugging-With-Purpose-HCA-2026-Summit.pdf>

Day Two - May 22nd, 2026

Concurrent Session 3

Voices of Recovery in Post-Secondary Education

Facilitated by: Renaud Gom and Amrit Matharoo, Recovery on Campus/University of Calgary Recovery Community

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/07/Voices-of-Recovery-in-Postsecondary-Education.pdf>

The Value of Experiential Wellness Programming for Staff & Faculty

Facilitated by: Leigh Bodnar-Rollings, Mount Royal University

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/The-Value-of-Experiential-Wellness-Programming-for-Staff-Faculty.pdf>





The Conflict Lab: Transform How You Handle Conflict

Facilitated by: Julie Hrdlicka, Conflict Revolution

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/The-Conflict-Lab-Transform-How-You-Handle-Conflict.pdf>
- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/The-Conflict-Reflection-Tool.pdf>

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

Facilitated by: David Campbell, Red Deer Polytechnic

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Digital-Wayfinding-Making-Instructional-Videos-to-Guide-Students-Through-Complex-Systems.pdf>

Concurrent Session 4

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

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

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/07/Unmet-Expectations-Exploring-Resilience-Poster.pdf>



Power Playbook: Innovative Support for Student-Athletes

Facilitated by: Sonia Skobkareva, U of A and The Hidden Opponent; Madison Kane-Rissling, UCalgary Alumnus; and Isaiah Neil, Blue Shoes and U of A

Resources/References:

- https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Power-Playbook_-_Innovative-Supports-for-Student-Athletes.pdf
- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Power-Playbook-Resources.pdf>

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

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

Resources/References:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/06/Cultivating-student-connection-in-a-disconnected-world-using-evidence-based-strategies.pdf>

Collaboration Session: Community Hub Launch

Facilitated by: Kyrsti MacDonald

Join the Community Hub:

- <https://www.healthycampusalberta.ca/wp-content/uploads/2026/07/Community-Hub-Signup-Steps-2.pdf>
- <https://hca-community-hub.mn.co/landing/>