BEING MIND-FULL WELLNESS FOR PEOPLE WITH RARE DISEASES

WE WELCOME EVERYONE TO JOIN US ONLINE TO DISCUSS MENTAL HEALTH AWARENESS DURING THE COVID-19 PANDEMIC

PROGRAMME

12:00 – 12:10  INTRODUCTION  DR. ANEAL KHAN, M.SC., M.D., FRCP, FCCMG, PROFESSOR OF MEDICAL GENETICS AND PEDIATRICS, UNIVERSITY OF CALGARY CUMMING SCHOOL OF MEDICINE

12:10 – 12:40  HOW TO PROTECT YOUR MENTAL HEALTH WHEN LIVING WITH A RARE DISEASE IN A PANDEMIC  DR. JEHANNINE C. AUSTIN, PHD, FCAHS, CGC, PROFESSOR AND CANADA RESEARCH CHAIR, UBC DEPARTMENTS OF PSYCHIATRY AND MEDICAL GENETICS, EXECUTIVE DIRECTOR BC MENTAL HEALTH AND SUBSTANCE USE SERVICES RESEARCH INSTITUTE

12:40 – 12:50  QUESTIONS

12:50 – 13:00  BREAK

13:00 – 13:20  VALUE-U THROUGH YOUR JOURNEY BUILDING RESILIENCE  DR. APRIL ELLIOTT, M.D., FRCP(C) FSAHM, CEC, PAEDIATRICIAN, CHIEF OF ADOLESCENT MEDICINE AT ALBERTA CHILDREN’S HOSPITAL, MOTIVATIONAL SPEAKER AND EXECUTIVE COACH

13:20 – 13:50  BEING RESOURCE-FULL  DEBORAH WALCHUK, B.ED., M.A., R.PSYCH., CLINICAL CONSULTANT, HEALTHY MINDS HEALTHY CHILDREN OUTREACH SERVICES

13:50 – 14:00  BREAK

14:00 – 14:20  FAMILIES: HISTORY IN THE MAKING  HEATHER BARNES, M.SC., CGC, GENETIC COUNSELLOR

14:20 – 14:40  WORDS THAT DON’T FILL YOUR SWEAR JAR  RACHEL MARTENS, RESEARCH ENGAGEMENT STRATEGIST, FAMILY ENGAGEMENT IN RESEARCH COURSE, CANCHILD/ KIDS BRAIN HEALTH NETWORK

14:40 – 15:00  CALMING EXERCISE  LIETTE WILSON, B.A., CERTIFIED FITNESS INSTRUCTOR

REGISTRATION IS FREE  CLICK HERE TO REGISTER OR SCAN THE QR CODE