

Keep Talking

Keep Listening

Keep Hope!

Bell Let's Talk CMHA Provincial Event

Join this virtual event brought to you by eight CMHA Ontario branches.

January 26, 2022

9:30am- 10:30am [Morning panel discussion](#)

7:00pm- 8:30pm [Evening panel discussion](#)

*Closed captioning will be available on Zoom

Theme

Bell Let's Talk Day 2022 is about supporting ourselves and each other. Hear from mental health experts about ways we can include "hope" to the conversation.

Agenda

- Welcome
- Panel discussion with mental health experts and individuals with lived experience (Round Table Format)
- Q&A session

Moderated by Camille Quenneville, CEO, CMHA Ontario Division

AM Panelists

Lindsay Kirkland

– Youth Mental Health Worker

Don M.

– Health Equity Consultant

Mitchell Roy

– Diversity and Mental Health Volunteer

Phoenix Whittaker

– Two-Spirit Outreach Worker

PM Panelists

Chantelle Petrella – Mohawk College Prof: Health, Wellness & Fitness

David McGinty – Retired Workplace Wellness Promoter

Kaya Bartlewski – Community Youth Leader

Delaney G.A. Drachenberg – Social Equity Activist

Tvisha Injer – Internationally Trained Physician

Prof. Tarek, Abu Noman Imam, Brantford Mosque

CMHA Branch Partners:

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