

November 5, 2021 | online event

EVENT SCHEDULE

10:00 TO 4:00 MST

EVENT COUNTDOWN @ 9:30 am

Land Acknowledgement

This day is sacred and we will honour the land and the people who shaped us all.

Dr. Jody Carrington

Intro | Let's start this day with a shoulder drop and a deep breath.

Dr. Jody Carrington

Session 1 | Unpacking Emotions

5 MINUTE BREAK

Dr. Jody Carrington & Kaleb Dahlgren

The human body and mind have the inherent ability to heal, persevere and overcome tragedy.

5 MINUTE BREAK

Dr. Jody Carrington

Session 2 | Translating Trauma

LUNCH BREAK | 20 MINS

Dan Sun

Post Traumatic Growth, being vulnerable is the bravest thing you can be.

5 MINUTE BREAK

Dr. Jody Carrington

Session 3 | Restructuring Culture

5 MINUTE BREAK

Dr. Jody Carrington & Lionel & Joanna Crowther

Facing the fire, Surviving survival is sometimes harder than the trauma itself.

*Times are not slotted due to unpredictable changes on a live production