

## Times and Outline for the Make It Work! Conference

Hosted by



CANADIAN MENTAL HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE POUR LA SANTE MENTALE  
WINDSOR-ESSEX COUNTY BRANCH

October 6<sup>th</sup> and 7<sup>th</sup>, 2010  
Caesars Windsor, Windsor, ON.

### Speakers, Rooms and Times

#### Day One – Wednesday, October 6

Time	Event	Speaker	Room
8 am – 9 am	Continental Breakfast Conference Registration	n/a	Augustus I
9 am – 9:30 am	Conference Opening Welcoming Remarks	Pamela Hines	Augustus I
9:30 am – 10:30 am	<u>Workshop 1A - Guarding Minds @ Work – Making the Business Case for Mental Health in the Workplace</u>	Dr. Joti Samra	Augustus I
10:30 am – 11:30 am	<u>Workshop 2A – Issues and Solutions</u>	Karen Gignac,	Solis
	<u>Workshop 2B – Survive and Thrive with Humour</u>	Tim Westhead	Luna
12 noon – 2 pm	Lunch with Guest Speaker	Valerie Pringle	Augustus I
2:15 pm – 4:30 pm	<u>Creating a Resilient Workplace</u>	Dick O'Brien	Augustus I
6 pm	Mental Health and the Workplace Awards Dinner		Augustus I

#### Day Two – Thursday, October 7<sup>th</sup>

Time	Event	Speaker	Room
8 am – 9 am	Continental Breakfast	n/a	Augustus I
9 am – 10 am	<u>Workshop 4A – Finding Your Best Mental Health at Work</u>		

		Janet Chirstensen	<b>Martis</b>
	<u>Workshop 4B – Depression and Its Impact at Work</u>		
		Pauline Duncan – Thrasher	<b>Mercuri</b>
10:15 am – 11:15 am	<u>Workshop 5A – The Substance-Abusing Employee: A compassionate and practical approach</u>		
		Melisse DeDobbeleer	<b>Martis</b>
	<u>Workshop 5B – Aging in the Workplace: Issues and Implications</u>		
		Jill Cadarette	<b>Mercuri</b>
11:20 am – 11:45 am	<u>"Financial Planning for a Potential Lifestyle Change" – presented by Sun Life</u>		<b>Saturni</b>
12 noon – 2 pm	Lunch with Keynote Speaker	Sandy Naiman	<b>Augustus I</b>
2:15 pm – 3:15 pm	<u>Workshop 6A - Trauma and its Impact on the Worker</u>		
		Tom Regehr	<b>Martis</b>
	<u>Workshop 6B – Employment Works!</u>		
		Diana Capponi & Robin Chapchuk	<b>Mercuri</b>
3:30 pm – 4:30 pm	<u>Workshop 7A – The Business of Grief</u>		
		Christine MacMillan	<b>Martis</b>
	<u>Workshop 7B – Mental Health Accommodations: Solutions at Work</u>		
		Karen Gignac	<b>Mercuri</b>
4:30 pm	Conference concludes		