## Conference Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>12:45 – 2 pm</td>
<td>Opening Keynote – Michael Landsberg</td>
<td>Ballroom – East (2nd Floor)</td>
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<tr>
<td>2 – 5 pm</td>
<td>Campus &amp; Community Mental Health Resource Fair</td>
<td>Ballroom – West (2nd Floor)</td>
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<td>2:15 – 3:30 pm</td>
<td><strong>Sessions #1</strong>: WHAT’S THE DEAL WITH CBT? FALING EXCELLENTLY! NAVIGATING CAREER UNCERTAINTY PEER PERSPECTIVES WITH SID SMITH COMMONS ASSISTANTS GRAD SKILLS: OVERCOMING IMPOSTER SYNDROME COMMUNITY VOICES LISTENING SESSION</td>
<td>Giovanni Room (2nd Floor) St. David Room (3rd Floor) Terrace Suite (3rd Floor) Elm Suite (2nd Floor) Armoury Suite (2nd Floor) Lombard Suite (2nd Floor)</td>
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<tr>
<td>3:45 – 5 pm</td>
<td><strong>Sessions #2</strong>: BIOPC MENTAL HEALTH &amp; ACADEMIA EFFECTIVE COMMUNICATION &amp; CONFLICT RESOLUTION ENHANCING ACADEMIC RESILIENCE BUILDING SELF-AWARENESS &amp; BOUNDARIES COMMUNITY VOICES LISTENING SESSION</td>
<td>St. David Room (3rd Floor) Elm Suite (2nd Floor) Armoury Suite (2nd Floor) Terrace Suite (3rd Floor) Lombard Suite (2nd Floor)</td>
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<td>5:30 – 7 pm</td>
<td>Closing Keynote – Margaret Trudeau</td>
<td>Ballroom – East (2nd Floor)</td>
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<td>7 – 8 pm</td>
<td>Margaret Trudeau Book Signing</td>
<td>Ballroom – West (2nd Floor)</td>
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## Floor Plans - Chestnut Conference Centre

### 2nd Floor
- Stage
- The Ballroom East
- The Ballroom Center
- The Ballroom West
- Giovanni Room
- Catering Office
- Lombard Suite
- Elm Suite
- Armoury Suite
- Carlton

### 3rd Floor
- St. George East
- St. George West
- St. Andrew
- St. Lawrence
- Terrace East
- Terrace West
- St. David
- St. Patrick North
- St. Patrick South

#MindsRedefined