

NEW CONFERENCES

THE WESTERN CANADIAN MENTAL HEALTH & EDUCATION SUMMIT

LIVE IN-PERSON & LIVE STREAMED & ON-DEMAND

**CALGARY**

November 4-6, 2026

**EDMONTON**

December 7-9, 2026

NEW TOPICS

- AI & Digital Literacy
- Digital Wellness
- Trauma & Stress
- Emotional Regulation
- High-Risk & Self-Harm
- Neurodiversity & FASD
- Indigenous Perspectives
- New Presenters



NEW CONFERENCES

THE STUDENT BASED MENTAL HEALTH & EDUCATION CONFERENCE

LIVE IN-PERSON & LIVE STREAMED & ON-DEMAND

**VICTORIA**

October 28-30, 2026

**SASKATOON**

November 18-20, 2026

**WINNIPEG**

December 2-4, 2026

NEW TOPICS

- AI & Digital Literacy
- Emotional Regulation
- High-Risk Behaviours
- Trauma & Attachment
- Neurodiversity & FASD
- Indigenous Perspectives
- Digital Wellness
- New Presenters



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AVAILABLE LIVE STREAMED & ON DEMAND

The Western Canadian Mental Health & Education Summit in Calgary

Integrating Indigenous Perspectives and Navigating AI, Digital Literacy & Resilience in a Connected World

DAY 1 - NOVEMBER 4, 2026

- 8:30am - 4:00pm **1** **AI in Action: Transforming Education and Therapy for Every Learner**
- Lisa Porter, DCP, CCC, CCS
- 8:30am - 4:00pm **2** **Walking the Medicine Wheel to Holistic Wellness, Personal Growth & Healing**
- Cynthia Wesley-Esquimaux, Ph.D.

DAY 2 - NOVEMBER 5, 2026

- 8:30am - 4:00pm **3** **Reclaiming Childhood and Adolescence in a Technology-Saturated World: Indigenous Perspectives on Development, Connection, Community, and Resilience**
- Cynthia Wesley-Esquimaux, Ph.D.
- 8:30am - 4:00pm **4** **Integrating Indigenous and Western Healing Strategies and Perspectives**
- Samaria Nancy Cardinal, MSW, RSW

DAY 3 - NOVEMBER 6, 2026

- 8:30am - 4:00pm **5** **Navigating the Digital Ecosystem: Fostering Child & Youth Resilience in the Age of Screens, Social Media, and AI**
- Caroline Buzanko, Ph.D., R. Psych
- 8:30am - 4:00pm **6** **Supporting Children and Youth Through an Indigenous Trauma-Informed Framework**
- Varleisha D. Lyons, Ph.D, OTD, OTR/L

DATE & LOCATION

November 4-6, 2026 | 8:30am - 4:00pm

Grand Hotel Calgary Airport & Convention Center
2828 23rd Street NE, Calgary, AB
888.388.3932 | www.grandhotelcalgary.com

Super Early Bird Cutoff Date: September 4, 2026



AVAILABLE LIVE STREAMED & ON DEMAND

The Western Canadian Mental Health & Education Summit in Edmonton

Trauma, Attachment, High Risk and Self-Harming Behaviours, Neurodiversity and FASD

DAY 1 - DECEMBER 7, 2026

- 8:30am - 4:00pm **1** **Moving Beyond Behaviour Management in Complex Kids: Supporting Resilience and Growth Through a Developmental and Relational Lens**
- Deborah MacNamara, Ph.D.
- 8:30am - 4:00pm **2** **Trauma & Grief 101: What Every Helping Professional Needs to Know**
- Krista Helman, MSW

DAY 2 - DECEMBER 8, 2026

- 8:30am - 4:00pm **3** **Supporting Neurodivergent Learners: Understanding Autism Spectrum Disorder Through a Strength-Based Lens**
- Denise Nowicki, Ph.D., B.Ed., B.Sc.
- 8:30am - 4:00pm **4** **Therapeutic Relationship Strategies to Treat Challenging Trauma Clients**
- Robert T. Muller, Ph.D., C. Psych.

DAY 3 - DECEMBER 9, 2026

- 8:30am - 4:00pm **5** **Working with Children and Youth who are High-Risk, Marginalized and Engage in Self-Harming Behaviour**
- Caroline Buzanko, Ph.D., R. Psych
- 8:30am - 4:00pm **6** **Fetal Alcohol Spectrum Disorder: Reframing Behaviours to Support Strengths and Promote Success**
- Denise Nowicki, Ph.D., B.Ed., B.Sc.

DATE & LOCATION

December 7-9, 2026 | 8:30am - 4:00pm

Holiday Inn Express Edmonton Downtown
10010 104 Street NW, Edmonton, AB
780.423.2450

Super Early Bird Cutoff Date: October 7, 2026



The Student Based Mental Health & Education Conference in Victoria

Exploring AI, Working with High-Risk, Marginalized, Self-Harm, Emotional Self-Regulation & Highly Alarmed Kids

DAY 1 - OCTOBER 28, 2026

8:30am - 4:00pm

- Digital Wellness in an AI Era: Practical Strategies for Educators and Clinicians**
- Lisa Porter, DCP

DAY 2 - OCTOBER 29, 2026

8:30am - 4:00pm

- When Students Feel Seen: Social-Emotional Learning as a Tool for Inclusion and Empowerment**
- Kelly Cleeve, M.Ed.

DAY 3 - OCTOBER 30, 2026

8:30am - 4:00pm

- Supporting Defended and Disconnected Children and Youth: Reducing Alarm and Building Connection to Foster Resilience, Growth and Emotional Healing**
- Deborah MacNamara, Ph.D.

DATE & LOCATION

Oct 28-30, 2026 | 8:30am - 4pm

Sandman Inn Hotel Victoria

2852 Douglas Street, Victoria, BC
250.388.0788 | sandmanhotels.com

Super Early Bird Cutoff Date:
August 28, 2026



The Student Based Mental Health & Education Conference in Saskatoon

AI and Digital Wellness, Trauma, Stress and Emotional Resilience, ADHD and Self-Regulation

DAY 1 - NOVEMBER 18, 2026

8:30am - 4:00pm

- Navigating the Digital Future: AI, Wellbeing, and Human Connection**
- Lisa Porter, DCP

DAY 2 - NOVEMBER 19, 2026

8:30am - 4:00pm

- Complex Kids, Simple Solutions: Tips and Strategies for Managing Dysregulated Students**
- Jenny Demark, Ph.D., C. Psych.

DAY 3 - NOVEMBER 20, 2026

8:30am - 4:00pm

- The ADHD Toolkit: Strategies for Learning, Behaviour and Self-Regulation at Home, School, and Beyond**
- Tracy Whittaker-Taggart, M.A.

DATE & LOCATION

Nov 18-20, 2026 | 8:30am - 4pm

Park Town Hotel

924 Spadina Crescent E, Saskatoon, SK
306.244.5564 | parktownhotel.com

Super Early Bird Cutoff Date:
September 18, 2026



The Student Based Mental Health & Education Conference in Winnipeg

Indigenous Perspectives on Technology, Emotional Regulation and High-Risk Behaviours

DAY 1 - DECEMBER 2, 2026

8:30am - 4:00pm

- Emotional Regulation: Understanding Triggers and Responding to Behaviours Across Educational and Clinical Settings**
- Tracy Whittaker-Taggart, M.A.

DAY 2 - DECEMBER 3, 2026

8:30am - 4:00pm

- Working with Children and Youth who are High-Risk, Marginalized and Engage in Self-Harming Behaviour**
- Caroline Buzanko, Ph.D.

DAY 3 - DECEMBER 4, 2026

8:30am - 4:00pm

- Reclaiming Childhood and Adolescence in a Technology-Saturated World: Indigenous Perspectives on Development, Connection, Community, and Resilience**
- Cynthia Wesley-Esquimaux, Ph.D.

DATE & LOCATION

Dec 2-4, 2026 | 8:30am - 4pm

Wyndham Garden Winnipeg Airport

460 Madison Street, Winnipeg, MB
431.441.7021

Super Early Bird Cutoff Date:
October 2, 2026



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Trauma-Exposed Professionals

Recognizing, Managing & Addressing the Predictable Effects of Trauma Exposure

Presented by

Carissa Muth

Psy.D., CCC, R.Psych.



Emotional Safety

Understanding Emotion, Defense & Connection

Presented by

Tamara Strijack

M.A.



Dialectical Behaviour Therapy (DBT)

Effective Tools for Navigating Trauma & Attachment

Presented by

Eboni Webb

Psy.D., HSP



A Holistic Approach to Treating Trauma

Integrating Care for Trauma, Addiction & Mental Health Disorders

Presented by

Carissa Muth

Psy.D., CCC, R.Psych.



An Integrated Approach to Treating Trauma

Neuroscience, Attachment & Evidence-Based Treatment Strategies

Presented by

John Arden

Ph.D.



Healing Through Tradition

Reclaiming Culture, Identity & Spirituality

Presented by

Varleisha D. Lyons

Ph.D., OTD, OTR/L



Helping Challenging Trauma Clients Open Up

Presented by

Robert T. Muller

Ph.D., C.Psych.



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