

	<b>Teacher</b>	<b>Room</b>	<b>Workshop</b>	<b>Facilitator</b>	<b>1</b>	<b>2</b>	<b>3</b>
1)	Ray Colleran	N209	Substance use & addiction	Angela Koetzle	15	15	15
2)	Ciaran Ayton	N206	How to support yourself & someone else	Melissa Weigel & Daniel Sheychuk	20	20	20
3)	Sue Robinson	N205	Overcoming challenges with mental health	Robyn Thomas	15	15	15
4)	Jason Donaldson	2 <sup>nd</sup> story theatre	Improv/Comedy	Brooke Cameron	20	20	20
5)	Stacy Mitchel	S213	Body Image	Andria Scanlan	25	25	25
6)	Bo Curtis	N204	Depression & Mindfulness	Cheryl Bell-Gadsby & Dr Sladen-Dew	18	18	18
7)	Brad Bunyan	N108	Creative Writing-	Ahava Shira	15	15	15
8)	Ian Mitchell	N107	Sexual Health – Salish Sea Consent Culture	Jenny Redpath, Ellie Langford Parks, & Sharyn Carroll	20	20	20
9)	Donal Duncan	N105	Eating Well, feeling good	Areli Hermanson	30	30	30
10)	Peter Legun	Outside & Art Room	Painting for joy, connection & self-change	Lisa Lipsett	15	15	15
11)	Sonia Langer	Dance Studio	1) Zumba 2) Dance 3) Dance	1) Lee Sigmund 2) Luis Araujo 3) Shauna Devlin	25 Lee	15 Luis	15 Shauna
12)	Michael Copland	Multi	Pastels with Quentin	Quentin Harris	15	15	15
13)	Bruce Smith	Music Room	Music therapy-sound of wellness	Mary Cobham	20	20	20
14)	Mark Kilner	Cafeteria (morning only)	Self-care	Maureen Elworthy	12	12	
15)	Brittany Allan	Gym side 1	Yoga	Kirsten Lewis	20	20	20
16)	Tony Mason	Gym side 2	Aikido	Alan Wardroper	15	15	
17)	Darryl Watson	Howe Court/ Phoenix if raining	Running	Peter Freeman & Marion Young	20	20	20
18)	Maurice Last	Library	Journaling for wellness	Lynda Monk	10	10	10

19)	Charley Mayer	Library Computer Lab	Time Management	Cap. Scott Hilderley	30	30	30
20)	Karen Brown	L.A. Room	Uploading the Human app for happiness	Christa & Bob Campsall	15	15	15
21)	Maria Soto	S115	1) breathe play 2) Breathe play 3) Time Management	1) Krista Thornhill 2) Krista Thornill 3) Judith Bradley	6	6	30
22)	Rachel Fitzzaland	S111 Media Arts lab	Spoken Word Poetry/ Slam poetry	Jeremy Loveday	10	10	
23)	Mike Divell/Niazi	S105 Career center	Meditation	Celeste Mallett	15	15	15
24)	Kristy Kallip	S104 Connecting Generations	Collage	Sam Barlow	12	12	12
25)	Steve Berry	S113	Essential Oils	Lisa Green	20	20	20
26)	Dean Crouse	S205	Unravelling anxiety: finding rest in a restless world	1) David Norget 2) David Norget 3) Tamara Strijack	15	15	15
27)	David Colombin	S207	Eating Disorders	Kaelin Palcu & Lindsay Munk	12	12	12
28)	Kim Chalmers	S208	Coping with Stress at home	Jodi French	15	15	15
29)	Rob Griffith	Shift	Science of happiness	Dr. Mark Holder	15	15	15
30)	Louise Doucet	N207	Sleeping Well- top 10 sleep tips	Sean Boulet	30	30	30
31)	Halim Ouhammu	S212	1) Man Made 2) Man Made 3) Sexual Health	1) Nick Sanford 2) Nick Sanford 3) Nick Sanford	12	12	20
32)	Roland Kerr	S206	LGBTQ	Orion Warje	10	10	10
33)	Carol Arnold (TOC)	S204	1) First Nations approach to wellness 2) Mindfulness 3) Benefits of volunteering	1) Peggy Williams 2) Justine Thompson 3) Janine Fernandes-Hayden	20	20	18
34)		Staff room	Presenter's rest area	Teacher's rest area			