



Well-Being Pop UP

Riding the Waves

September 2021

Welcome to the Well-being Pop UP! We are thrilled to be bringing together some great speakers, singers and mental health activities that will help you anchor your school year with a focus on positive coping. Let's start the 2021/22 school year with hope, inspiration and tangible tools to help us all take steps towards positive mental health.

Health & Happiness,

Dr. Jen Forristal

Speaker Sessions

Christine Sinclair

Christine Sinclair is the most successful soccer player to ever compete for Canada. She has accumulated more than 185 international goals, making her the highest scoring player – man or woman – in the world. She is also the active leader in international caps with 300 and counting. She's known for her grit and humble character as much as her exceptional talent. Off the soccer pitch, Sinclair is an ambassador for the MS Society of Canada and vocal advocate for gender equality. In this session, recorded just after the 2021 Olympic Games, she describes the team work, passion as well as the obstacles she has had to overcome in her sport and in life.

Deja Foxx

Deja Foxx is 21 years old and leading thought at the intersection of social justice and social media. She is the founder of GenZ Girl Gang, a student at Columbia University, and a Digital Creator with Ford Models who got her start advocating for reproductive justice after experiencing homelessness in her teenage years. At just 19, she worked for Kamala Harris as the Influencer and Surrogate Strategist and became one of the youngest presidential campaign staffers in modern history. In this session, Dr.

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Jen interviews Deja about her coping strategies, online health and the power and importance of developing a strong community.

Wali Shah

Wali Shah is a Canadian speaker, poet, musician and philanthropist. In this session, Wali shares his own story and discusses the power of art, and creative expression, and it's role in bringing change to the world. Through poetry and storytelling, Wali shares the power of standing strong together, being the change and leading by example to break negative cycles and support each other.

Asante Haughton

Passionate about positive social change, equality, and mental health, Asante Haughton has dedicated himself to endeavours aimed at building stronger communities. He is a poet, front-line worker, group facilitator, community outreach worker, researcher, and a speaker. He aims to deliver a message of social awareness, social justice, community betterment, and above all, hope.

Partner Interactive Sessions

Recess Guardians - Leadership and the Power of Play

Leadership comes in many forms. Recess Guardians' founder and CEO, Mike McDonald, takes you through four different types of leadership that can help youth thrive in and out of the classroom. Get ready for a lot of fun, and the chance to help your students use their leadership skills through a fun game of "splat".

Moving EDGEducation - What We Can Learn From a Dance Party!

When we are little, it comes very naturally to us to be our own, unique, individual selves, follow our intuition, and not worry what others are thinking. As we get older this drastically changes and we place more of an importance on "following a leader" rather than "being our own leaders". We now make all of our choices based on the people around us. In this workshop we're going to use a "dance party" to explore these ideas. No experience necessary cause there is no way you can get it wrong. All you need is an open mind and willingness to be a bit ridiculous.



Jack.org - Be There

In this Jack talk, youth from jack.org take students through thoughtful steps for how to 'be there' for themselves and others, especially through mental health struggles. This talk will help students to develop the knowledge, skills and confidence to step up and be there for one another.

YouthTalk - Let's Talk about Mental Health

This interactive session will give students the chance to reflect on and discuss important questions that are affecting their mental health as they transition into a new school year. Through hearing from YouthTalk students and having a chance to discuss as a class they will reflect on how they are feeling about going back to school, what they missed through the COVID 19 pandemic and how they can take small steps to reconnect with their peers and re-engage in the activities they enjoy.

Dreamwalkers Meditation - Managing Anxiety

Experiencing anxiety is a normal part of being human. Everyone experiences it to some degree but sometimes we can feel it too much and it can stick around for too long. It may feel like it starts to affect our personality, our behaviours and our health. Join Tyler Boyle of Dreamwalkers Meditations to explore what is happening in our body and mind when we are feeling anxious. Learn a variety of prevention techniques, mindset shifts, and coping strategies to manage this difficult emotion.

Musical Performance & Additional Content

Chill Out - Meditation Made Easy

Anyone can meditate - even if you feel like you can't sit still or that your mind is always too active! Join our facilitator Tyler Boyle of Dreamwalkers Meditations as he introduces us to the benefits of meditation and how to start a super simple meditation practice of your own.

Paige Warner

In this singer-songwriter style performance, Paige Warner shares her original music and provides a look into her songwriting process and the experiences that shaped the songs. Paige shares an uplifting song that puts to words her feelings of being an 'outsider' and wondering what an 'average human' must feel like, a song that portrays the struggle of leaving behind unhealthy habits, and



another that was written during the pandemic about missing family and childhood. Enjoy a casual and honest look into Paige Warner's music.

CammWess

South Carolina Native Singer/Songwriter CammWess approaches music masterfully combining soul, blues, and hip hop to convey his take on POP with his unique sound and colourful vocal pallet. He wowed audiences performing "Earned it" during his blind audition on season 18 of The Voice securing his position as a finalist. CammWess has written new original songs that he will showcase at this event, and is looking forward to sharing about his journey with the students.