

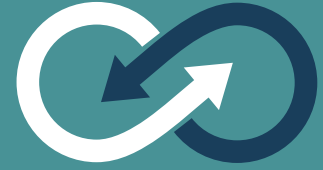
REGISTER TODAY

ADDITIONAL SEATS JUST ADDED!

April 9, 2025 • Fort St. John

8:30 am - 4:30 pm

Hosted at the Pomeroy Hotel
& Conference Centre. Book your stay!



HEALTH & SAFETY
conference

Recharge, revive and thrive



Opening Remarks & Welcome

with your MC, Jasta Dickson
(Leadership & Health Coach) jastadickson.com



Social Connection/Resiliency

with Allen Kehler • allankehler.com

Allan will empower you to better support mental health—both in yourself and others. You'll learn to identify the barriers that keep people from seeking help and explore effective strategies for offering support to someone in distress. Allan will also show how vulnerability can be a strength, and provide key insights into building resilience. Plus, discover six key commitments to foster wellness in the workplace, creating a healthier and more supportive environment for everyone.



Fire Up Your Mental Health

with Anthony McLean • anthonymclean.org

Anthony will guide you in distinguishing between everyday mood fluctuations, temporary mental health challenges, and more serious mental illnesses. You'll discover practical coping strategies to manage stress and anxiety effectively. Plus, Anthony will emphasize the crucial roles of exercise, sleep, hydration, and nutrition in supporting mental well-being, empowering you to adopt a holistic and supportive mental health routine.



The Good, the Bad and the Funny: Are We Still Allowed to Laugh

with Jessica Holmes • jessicaholmes.com

Jessica will teach you how to support yourself and others facing mental health challenges, how a simple shift in perspective can boost happiness at work and home, and walk away with practical steps to improve mental well-being. Jessica reminds us that no one is alone on their mental health journey, that everyone deserves to feel well and of that wonderful feeling you get from belly laughs.

Reconnect & Reignite

with Dr. Jody Carrington • drjodycarrington.com

Sponsored by:



Dr. Jody will delve into the disconnection prevalent in our world today and its impact on relationships and teams. She'll provide valuable insights on emotional regulation and offer practical strategies to rebuild strong, healthy, and productive connections — both at work and in everyday life.

WORLD RENOWNED CLINICAL PSYCHOLOGIST

Learn more or REGISTER NOW: fortstjohn.ca/health-safety

