



# MENTAL WELLNESS SUMMIT

## VIRTUAL SUMMIT TIMELINE

### Summit video 1

- 00:04 Welcome and opening remarks with **Ace and Suzi**
- 00:46 **Bell Let's Talk** information
- 01:27 Summit celebration video
- 04:17 Professional fan **Cameron Hughes** talks about teamwork
- 09:30 Hip Hop dance Intermission**
- 12:21 Project 11 student interviews with **Blake Wheeler & Connor Hellebuyck**
- 13:32 Message from **Bryan Little**
- 14:52 Mindful Movement Intermission**

### Summit video 2

- 00:07 Project 11 student interview with **Bryan Little**
- 02:09 Musical message from **Don Amero**
- 06:47 **Craig Heisinger** talks about courage & supporting each another
- 09:04 Project 11 student interviews with **Neal Pionk & Mathieu Perreault (en français!)**
- 10:18 Message from **Nikolaj Ehlers**
- 10:50 Fun with Fitness Intermission**
- 15:18 Olympians **Desiree Scott & Bailey Bram** talk about goals and mental health, interview led by **Sara Orlesky**
- 17:35 Project 11 student interview and message from **Eric Comrie**
- 18:29 Indigenous Dance break with special guest Mick E. Moose**
- 20:12 **Pascal Vincent** talks about Friendship with **Mark Stuart** interview led by **Sara Orlesky**

### Summit video 3

- 00:08 Message about Gratitude with **Monique Pantel**
- 02:30 Project 11 student interviews with **Nikolaj Ehlers & Laurent Brossoit**
- 03:57 Message from **Tucker Poolman**
- 04:27 **Deepa Prashad** shares her experience about dealing with self- doubt
- 09:09 Music & Movement Intermission**
- 12:11 Closing remarks from **Ace and Suzi**
- 13:29 **Don Amero** sings "Won't Give Up"