



# 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 other
- 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
- 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*

### 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"