



MENTAL WELLNESS SUMMIT

VIRTUAL SUMMIT TIMELINE

SENIOR YEARS 2021

PLEASE BE AWARE THAT SOME SEGMENTS MAKE MENTION OF SENSITIVE TOPICS THAT MAY CAUSE AN EMOTIONAL REACTION. A FEW OF OUR GUESTS SHARE THEIR STORY OF RECOVERY, GROWTH AND ADVOCACY IN AN EFFORT TO HELP END THE STIGMA AROUND MENTAL HEALTH. IF YOU ARE IN NEED OF SUPPORT, PLEASE REACH OUT TO A TRUSTED ADULT OR A COMMUNITY SERVICE. YOU CAN FIND A LIST OF ORGANIZATIONS ON OUR WEBSITE WWW.PROJECTELEVEN.CA UNDER ADDITIONAL RESOURCES ON OUR RESOURCES PAGE.

- 00:30 Land Acknowledgement
- 01:04 Opening video
- 02:37 Opening remarks with CJOB's **Greg Mackling** and **Project 11's Suzi Friesen**
- 04:10 Interview with local musician **Garrett Neiles**
Performance by **Garrett Neiles**
- 11:15 Project 11 student interview with Winnipeg Jets #1 **Eric Comrie**
- 14:29 Interview with Winnipeg Jets Assistant General Manager and Director of Hockey Operations and General Manager of the Manitoba Moose **Craig Heisinger**, Winnipeg Jets alum and Project 11 ambassador **Mark Stuart** and Manitoba Moose Assistant Coach **Marty Johnston**
- 21:46 Interview with local musical phenom **Faouzia Minefields** video with **Faouzia** and John Legend
- 30:23 Message from Winnipeg Jets #11 **Nate Thompson**
- 32:48 Message from author **Allan Kehler**
- 36:34 **Garden City** Student Tik Tok
- 38:34 Interview with Miss Canada and Mechanical Engineer **Courtney Mandock**
- 44:39 Movement Break with AJ from Focus Fitness**
- 47:03 Interview with **Project 11 students from Australia**
- 49:44 Interview with Winnipeg Jets #10 **Bryan Little**
- 51:32 Professional point of view with **Dr. Jitender Sareen**
- 54:44 **Don Amero** sings **Won't Give Up**
- 59:00 Closing remarks from **Greg and Suzi**
- 1.00:30 Movement Break with Caroline Beaudoin**

Follow us on Instagram!!
@project11wellness