



**Program for AMO's Wellness & Mental Health
in the Municipal Workplace Symposium
Holiday Inn Toronto International Airport
Etobicoke, ON M9W 1J9**

May 29, 2019

Time	Topic
8:00 – 8:45am	Registration & Breakfast
8:45 – 9:00am	Introductions & Welcome <i>Monika Turner, Director of Policy, AMO</i>
9:00-10:00am	Keynote: Wellness and How To Look After Ourselves <i>Dr. Katy Kamkar, Ph.D., C. Psych., CAMH</i>
10:00-10:45am	Legal Responsibilities of Employers re: Wellness & Mental Health in the Workplace <i>Kathryn L. Meehan, Partner, Hicks Morley</i>
10:45-11:00am	Break
11:00-11:45am	Prevention: What Municipal Employers Need to Know from a Practical and Best Practices Perspective <i>Ron Kelusky, Ministry of Labour</i> <i>Joanne Gordon, Workplace Safety & Insurance Board</i> <i>Dr. Lisa Couperthwaite, Ph.D., C. Psych, Workplace Safety & Insurance Board</i>
11:45-12:15pm	Let's Talk Culture and Stigma in the Workplace <i>Jon Pegg, Office of the Fire Marshal and Emergency Management</i>
12:15-12:55pm	Lunch
12:55-1:00pm	Learn How 4S Consulting Services Inc. Can Help! <i>Sobi Ragunathan, Compliance Partner, 4S Consulting Services</i>
1:00-2:00pm	Panel Discussion: Best Practices on Staff Wellness Plans <i>Agnes McLachlan, Wellness and Abilities Management Specialist, City of Barrie</i> <i>Kevin McNab, Director of Paramedic Services, County of Grey</i> <i>Louise Ann Riddell, Manager of Strategic Healthy Workplace, City of Mississauga</i> <i>Tim Beckett, Fire Chief & Director of Emergency Management, City of Mississauga</i> <i>Brittany Dunlop, Lead, Wellness & Benefits, HR Services Branch, Regional Municipality of York</i>
2:00-2:30pm	Workplace Health: A Public Health Perspective <i>Dr. Charles Gardner, Medical Officer of Health, Simcoe Muskoka District Health Unit</i>
2:30-2:45pm	Break
2:45-3:45pm	Panel Discussion: Best Practices on PTSD Prevention In Emergency Services <i>Mark Berney, Ontario Association of Fire Chiefs (O AFC)</i> <i>Bryan Larkin, Ontario Association of Chiefs of Police (OACP)</i> <i>Michael Sanderson, Ontario Association of Paramedic Chiefs (OAPC)</i>
3:45-4:15pm	Overview of Available Resources & Training <i>Kim Slade, Director Emerging Markets and Commercialization, Public Services Health and Safety Association (PSHSA)</i>
4:15-4:30pm	Closing Remarks <i>Amber Crawford, Policy Advisor, AMO</i>