



The Association of Municipalities of Ontario (AMO) is excited to be presenting its first Wellness & Mental Health in the Municipal Workplace Symposium. We welcome you all to this event.

## 8:00 – 8:45am Registration and Breakfast

## 8:45 – 9:00am Introductions & Welcome

- Monika Turner, AMO

## 9:00 - 10:00am

### Keynote: Wellness and How To Look After Ourselves

- Dr. Katy Kamkar, Ph.D., C. Psych., Centre for Addiction & Mental Health

## 10:00 - 10:45am

### Legal Responsibilities of Employers re: Wellness & Mental Health in the Workplace

- Kathryn L. Meehan, Hicks Morley

## 10:45 - 11:00am

**BREAK**

## 11:00 - 11:45am

### Prevention: What Municipal Employers Need to Know from a Practical and Best Practices Perspective

- Ron Kelusky, Ministry of Labour
- Dr. Lisa Couperthwaite, Ph.D., C. Psych, Workplace Safety & Insurance Board
- Joanne Gordon, Workplace Safety & Insurance Board

## 11:45 - 12:15pm

### Let's Talk Culture and Stigma in the Workplace

- Jon Pegg, Office of the Fire Marshal and Emergency Management

## 12:15 - 12:55pm

**LUNCH**

## 12:55 - 1:00pm

### Learn How 4S Consulting Services Inc. Can Help!

- Sobi Ragunathan, Compliance Partner, 4S Consulting Services

## 1:00 - 2:00pm

### Panel Discussion: Best Practices on Staff Wellness Plans

- Agnes McLachlan, City of Barrie
- Kevin McNab, County of Grey
- Louise Ann Riddell, City of Mississauga
- Tim Beckett, City of Mississauga
- Brittany Dunlop, Regional Municipality of York

## 2:00 - 2:30pm

### Workplace Health: A Public Health Perspective

- Dr. Charles Gardner, Simcoe Muskoka District Health Unit

## 2:30 - 2:45pm

**BREAK**

## 2:45 - 3:45pm

### Panel Discussion: Best Practices on PTSD Prevention In Emergency Services

- Mark Berney, Ontario Association of Fire Chiefs
- Bryan Larkin, Ontario Association of Chiefs of Police
- Michael Sanderson, Ontario Association of Paramedic Chiefs

## 3:45 - 4:15pm

### Overview of Available Resources & Training

- Kim Slade, Public Services Health and Safety Association

## 4:15 - 4:30pm

**Closing Remarks**

- Amber Crawford, AMO

Thank you to WSIB and 4S for their sponsorship.



Thank you to all of you for attending and sharing your knowledge and insight. AMO is working with a number of partners to produce additional learning and growth opportunities. An evaluation form will be e-mailed to you shortly, please let us know your thoughts on this event and how we can build a better Symposium in the future.