

Wellness Fair: April 12th through April 15th Events Schedule 2021

Monday 12th	Tuesday 13th
<p><i>Active Minds' students strategies for maintaining Emotional well-being</i></p> <p>Hosted by: Alexander Stonehewer Bird Ntsakisi Mkansi Monica Madriz Corona Shima Naja (guest speaker) Dr. B Cynthia Frias-Baisch, RN</p> <p><u>Zoom Webinar Registration</u></p> <hr/> <p><i>Stress Reduction and the Practice of Mindfulness</i></p> <p>Hosted by : Marsy A. Haber, LMFT Dr. B</p> <p><u>Zoom Webinar Registration</u></p> <hr/> <p><i>Eating Disorders</i></p> <p>Hosted by: Guest speaker Marco Baisch, MD Cynthia Frias-Baisch, RN Dr. B Afsi Salim</p> <p><u>Zoom Webinar Registration</u></p>	<p><i>Birth Control</i></p> <p>Hosted by: Susan Schor, NP Afsi Salim Cynthia Frias-Baisch, RN</p> <p><u>Zoom Webinar Registration</u></p> <hr/> <p><i>Services Provided by DRCSA to Support Disabled Students at Canada College</i></p> <p>Hosted by Bella Zhang Dr. B</p> <p><u>Zoom Webinar Registration</u></p> <hr/> <p><i>Tech Wellness</i></p> <p>Hosted by: Celeste Kidd, Alt Media Specialist Dr. B</p> <p><u>Zoom Webinar Registration</u></p> <hr/>

Wednesday 14th	Thursday 15th
<p><i>Dimension of Wellness Plus Healthy Habits</i></p> <p>Hosted by: Anne Barry, <i>Marriage and Family Therapist Trainee</i> Komalpreet Aulakh. <i>Professional Clinical Counselor Trainee</i> Dr. B</p> <p><u>Zoom Webinar Registration</u></p> <hr/> <p><i>COVID, Vaccine Updates, Masking</i></p> <p>Hosted By: Spencer Wong, MD Cynthia Frias-Baisch, RN Afsi Salim</p> <p><u>Zoom Webinar Resgration</u></p> <hr/>	<p><i>Nutrition</i></p> <p>Hosted by: Sharon Bartels, NP Cynthia Frias-Baisch, RN Afsi Salim</p> <p><u>Zoom Link Webinar</u></p> <hr/> <p><i>Let's talk about Anxiety</i></p> <p>Hosted By: Anne Barry, <i>Marriage and Family Therapist Trainee</i> Alexandra Slavet, <i>Marriage and Family Therapist Trainee</i> Dr.B</p> <p><u>Zoom Webinar Registration</u></p> <hr/> <p><i>Financial Coaching, Legal Help, and Food & Housing Resources</i></p> <p>Hosted By: Adolfo Leiva. Director of SparkPoint Cynthia Frias-Baisch, RN Afsi Salim</p> <p><u>Zoom Webinar Registration</u></p> <hr/>



FLEX Days Presentations for Faculty & Staff

2021 Spring

April 22, 2022

Title: *Cañada Students' Experiences with Mental Health during COVID 19*

Join Zoom Meeting: [ZOOM LINK](#)

- Meeting ID: 837 8666 9302
- Passcode: 597453

Description: Active Minds students will host a discussion of the mental health challenges of attending school virtually. Faculty and staff will have an opportunity to create a dialog with the students and collaborate with them to brainstorm ideas on how we – as a community – can create a healthy learning environment in our virtual classrooms.

Agenda:

- Different types of mental challenges
 - How the state of mental health affects school during COVID 19
 - Dialog with faculty and staff how we can all better support each other
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