

**Note:** All sessions will be held on the third floor of 300 Adelaide St. East building. There is a walkway from the third floor of this building that will take you directly across.

Session Name & Description	Speaker(s)	Room Number
<p><b><i>Join us for an audience driven interactive co-design session!</i></b></p> <p>BeanBagChat, a low barrier support tool for young adults, arose out of a partnership between Stella's Place and George Brown College. We will review the history of the app's evolution and how the co-design process is essential to an innovative, user-centred design outcome.</p>	<p><b>Alex Irwin, Zeba Luxmore, &amp; Natasha Bowman, George Brown College</b>  <b>Jenny Carver, Tendai Mhute, Funmi Adeniyi Taiwo, Sebastian Sannes, Stella's Place</b></p>	355
<p><b><i>Neurofeedback and Psychotherapy</i></b></p> <p>The Toronto Neurofeedback and Psychotherapy Centre is a specialized treatment center that focuses on the integration of brain-based healing approaches with psychotherapy. In this session, Dr. Presniak will share research and practice on brain mapping technology and how it can be used in conjunction with psychotherapy to enhance mental health and wellbeing.</p>	<p><b>Dr. Michelle Presniak, Ottawa and Toronto Neurofeedback and Psychotherapy Centers</b></p>	354
<p><b><i>Providing counselling and peer support online: Guidance for those looking to take the leap!</i></b></p> <p>This session will discuss strategies and tips for mental health professionals and peer support workers interested in utilizing digital technology options for online therapy and support.            (*available only in the morning session*)</p>	<p><b>Lawrence Murphy, Founder of Therapy online</b></p>	351
<p><b><i>Managing Anxiety – How the MindShift app can help you</i></b></p> <p>Learn how the free MindShift - Cognitive Behavioural Therapy (CBT) mobile app can help you manage mild to moderate anxiety. We will discuss the process and the challenges of developing a mental health app, highlight key features, and give participants an opportunity to use the app tools while becoming familiar with some of the basics of Cognitive Behavioral Therapy (CBT).</p>	<p><b>Joey Laguio &amp; Alistair Henning, Anxiety Canada</b></p>	350
<p><b><i>#SafeSocial in Action</i></b></p> <p>This workshop will dive deeper into some of the 5 steps towards #SafeSocial including building offline soft skills and holding parties accountable. It will be activity and action-oriented and will leave participants more equipped to use this learning in everyday life.</p>	<p><b>Bailey Parnell, Founder &amp; CEO, SkillsCamp</b></p>	334
<p><b><i>"Mellow": a mobile application to help youth in crisis</i></b></p> <p>This session will walk you through the stages involved in the development of Mellow, including background research, community consultation, collaborative design, and launch. The Mellow app assists youth in crisis in the Peel Region, and it is the result of a community-based project between George Brown students, youth in Peel, the Provincial System Support Program (PSSP) at the Centre for Addiction &amp; Mental Health (CAMH), and the Peel Service Collaborative.</p>	<p><b>Beatriz Diaz &amp; Larissa Waterman, George Brown College</b></p>	333