



2019 Symposium on Addressing Mental Health in Construction

Date: Thursday, November 7, 2019

Time: 8:30 am – 12:00 pm – Click [here](#) to register.

Optional Workshop: 12:15 pm – 2:30 pm - Click [here](#) for details.

Location: Eagle's Nest Golf Club – The Great Hall

Address: 10000 Dufferin St, Maple, ON L6A 1S3

Understanding Mental Health in Construction Starts Here!

Mental stress is at an all-time high affecting the wellbeing of our employees. Join [RESCON](#) for a half-day symposium to better understand ways to address and prevent chronic stress in our workplaces. This kickoff event will bring together construction professionals and experts to advance knowledge and skills related to construction mental health practice, research, training and policy. With a focus on the workplace, conference objectives include:

1. Identify, implement and evaluate best practices in the areas of stigma reduction, and mental resiliency.
2. Legal update on issues related to the WSIB, Human Rights and Accommodation Concerns, and when Employers should seek legal advice.
3. A panel discussion on how to move forward with solutions and best practices.
4. An optional Mental Health Workshop following the event – Click [here](#) to register.

For any questions or assistance with registering, please e-mail Cassandra Dobrzynski – dobrzynski@rescon.com or Amina Dibe – dibe@rescon.com or call us at 905-760-7777.



Symposium Agenda

8:30 am – 9:00 am: Registration and hot breakfast

9:00 am – 9:05 am: Introduction

9:05 am – 9:15 am: Keynote - Hon. Michael Tibollo – Minister of Mental Health & Addictions

9:15 am – 10:00 am: Ron Kelusky - Chief Prevention Officer – Ministry of Labour

10:00 am – 10:45 am: Carissa N. Tanzola - Partner, Filion Wakely LLP - Employment Law

10:45 am – 11:00 am: Break

11:00 am – 11:45 am: Panel Discussion

Mental Health and Addiction Training & Support

- (1) Threads of Life – Fran deFilipps, Motivational Speaker and Volunteer
- (2) Benefit Plan Administrators Limited – Matthew Porter, Benefit Consultant
- (3) Canadian Mental Health Association – Chanda Chandalala, Crisis Support Worker

11:45 am Noon: Closing Remarks

12:15 pm – 1:00 pm: Lunch

1:00 pm – 2:30 pm: Optional Workshop with **Rebecca Higgins** - Mental Health Educator.

Workshop Details

Communication at Work: Challenges and Strategies

Location: Eagle's Nest – The Great Hall.

Cost: \$40 + lunch included.

Target Audience:

Senior management, on-site supervisors,
human resource professionals and health and safety managers.

Click [here](#) for more information and to register.

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