

August 22, 2018

Luncheon

The Power of Us: Harnessing collective wisdom to create viable, sustainable and mentally healthy communities

We all know the importance of good mental health, but for those of us not working directly in the field, it can be difficult to identify how we can best support mental health or how to engage the broader community. The luncheon program will provide an opportunity to engage with 30 invited community leaders on PEI who want to understand how they can play a role in supporting mental health. Together we will explore how we can work together at the community level to create mentally healthy communities.

The program will begin with a panel designed to inspire us to be creative and expansive in our approaches.

Following the panel, luncheon guests, panelists and Forum delegates will participate in round table discussions around the following questions:

- *What would inspire you to take action/move forward?*
- *What could we do right now to build new relationships?*
- *What can we make happen with existing resources?*

Moderator:

Andrea MacDonald

CEO, United Way of PEI

With a Recreation and Management degree from Dalhousie and a Certificate in Project Management from Saint Mary's, Andrea has more than 18 years' experience leading local and global non-profit organizations.

Her career began in the area of international development, spending three years based in Kenya and Ethiopia with Right to Play. From 2007-2010, she was the Executive Director of the Nova Scotia-Gambia Association, splitting her time between Nova Scotia, The Gambia and Sierra Leone. Back in Canada, Andrea worked with Volunteer Canada as well as Clean Foundation in Nova Scotia.



Andrea returned to PEI with her husband David and daughter Sadie and became CEO of the United Way of PEI in 2016. Since that time she has focused building and strengthening relationships with the community, private and government sectors and believes United Way is in a unique position to bring together diverse stakeholders to work together to build stronger communities.

Panelists:

Hannah Gehrels

Program Coordinator, Wild Child

Hannah is a queer woman and settler originally from the unceded Anishinaabe territory of Thunder Bay, Ontario. She is the co-founder and program coordinator of the PEI Wild Child program, which is a program designed to connect kids (aged 2.5 to 12) to nature through immersive outdoor play. She also volunteers with the queer youth drop-in program run by PEERS Alliance. Hannah is committed to building a more inclusive world where differentness is valued, and where all children are given opportunities to develop a love for the natural world.



Ramona Doyle

Sustainability Officer, City of Charlottetown

Ramona is a graduate of the University of Victoria and has a degree in Environmental Studies & Anthropology. She is currently enrolled in the Masters of Environment and Business program at the University of Waterloo. She has worked with the City of Charlottetown since 2010. In her first position as Utility Projects Officer she worked with the Charlottetown Water & Sewer Utility on water conservation, wellfield protection, metering and leak detection. In 2014, she took on the role of Sustainability Officer where she works on a variety of projects that aim to increase the resilience of the City Corporation as well as to promote and support sustainable action in the community. Current projects include transit, energy efficiency, climate change mitigation and adaption, urban watershed management, urban forestry, active transportation and community outreach & education.



Tara Deglan -Gallant

School Principal, Central Queens Elementary

Tara Deglan-Gallant has over twenty years' experience in the education sector working with students, parents, colleagues and community organizations in various roles. She has a Masters in Educational Leadership with a focus in Counselling, extensive experience as a classroom teacher, Special Education & Resource Specialist and as an administrator. She has devoted her time supporting staff and students by promoting a positive learning environment where academic, social, emotional and behavioural needs are ever evolving. By using a collaborative approach, which can involve outside agencies, educational staff and parents, student needs are identified and plans implemented to enable student growth and well-being.



Ms. Deglan-Gallant is currently the school principal of Central Queens Elementary, located in Hunter River, Prince Edward Island.

Janice Harper

Senior Provincial Planner, PEI Department of Communities, Land and Environment

Janice Harper, MCIP is the Senior Provincial Planner at the Department of Communities, Land and Environment, in the Province of Prince Edward Island. She is a member of the Climate Change Secretariat, which directs climate change initiatives across government, in addition to duties administering the Land Protection Act and the Planning Act.



Janice graduated from Queen's University. She has worked as a land use planner in Prince Edward Island since 2003 in a variety of roles. She was a member of the Provincial Task Force on Land Use Policy from 2012-2014. From 2011-2017 Janice served on the Atlantic Planner's Institute Council. She chaired the API Regional Conference in 2017. Janice was recently elected to the board of directors for the Professional Standards Board for the planning profession in Canada. Janice routinely cycles or walks to work, she is a mother of 4, and enjoys kayaking in the summer.