

WE ARE ALL CONNECTED - LET'S BREAK BARRIERS

# BREAKING BARRIERS

*A JOURNEY TO MENTAL WELLNESS*



**BRIDGES**  
HEALTH



In today's world, it is a fact that someone we know will go through a mental illness. The next conversation is now how to best support ourselves and each other when experiencing mental health problems, as well as supporting those who support others.

How can we increase belonging and show that no one is ever alone when experiencing these issues? How can we normalize mental health challenges and build trust to end the ever-lingering stigma surrounding these issues? Just how powerful is the act of vulnerability, and how can we build trust with those around us?

On January 28, **Breaking Barriers 2020** is going to show us just that.

As we continue our Journey to Mental Wellness, the second annual **Breaking Barriers** focusses on putting an action to 'ending the stigma' of mental health in today's society, as well as recognizing the strains on the individuals who are the support system for someone with a mental illness.

In the follow up to an epic **Breaking Barriers 2019**, we will continue to bridge the gap and facilitate attendees in coming together to gain a deep understanding of the pain and fears that our peers are experiencing, and to provide normalization and acceptance of our own struggles.

**Breaking Barriers** is a fundraising event, with the proceeds from the event being donated to UnderstandUs, a mental health initiative that challenges people to feel, think, and act differently about mental health. UnderstandUs promotes awareness, provides education, and builds relationships in our communities.

On January 28, 2020 - join **Bridges Health** along with renowned speakers from across North America, including Clint and Joanie Malarchuk, Dr. Robyne Hanley-Dafoe, and Jordan Axani to be a part of this important conversation. Set in the unique format of an educational afternoon conference and evening gala, it is a do not miss event!

*Honorary Patron  
& Special Guest:*

*His Honour The Honourable  
Russ Mirasty  
Lieutenant Governor of  
Saskatchewan*



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# BREAKING BARRIERS

*A Journey to Mental Wellness*

*A day of understanding the challenges to mental wellness in our families, friends, and peers.*



## **DR. ROBYNE HANLEY-DAFOE**

Resiliency through Optimal Stress, Resourcefulness, and Goal Setting: Making It Work For You!

Robyne’s talk introduces the concept of resiliency that incorporates 5 key areas. Sharing from her personal experiences, Robyne reviews what we have in common that contributes to resiliency, and what we can do in our own lives to foster resiliency within ourselves and others. Using narrative pedagogy, Robyne’s talk shares candid encounters with resiliency that are research informed and readily available to all of us.

## **JORDAN AXANI**

What’s Your Big Lie?

‘What’s Your Big Lie?’ is a breakthrough mental health program created by Jordan Axani based on the premise that each of us is living a big lie — and that it’s okay.

We define a ‘big lie’ as, “something immense that we hide from the world, even though it defines us.” Often it’s the source of the anxiety, worthlessness, hopelessness and pain that we carry around every day.

So, what if we shared these lies with those around us? Well, it might change our lives.

## **CLINT & JOANIE MALARCHUK**

*The Crazy Game*

You will be taken deep into the troubled mind of Clint Malarchuk, the former NHL goaltender for the Quebec Nordiques, Washington Capitals and Buffalo Sabres, as well as his partner Joanie’s, to learn about the importance of supporting within your means, and the importance of self-care as a supporter of a loved one with a mental illness. When his throat was slashed during a collision in the crease, Malarchuk nearly died on the ice. Forever changed, he struggled deeply with depression and alcoholism, which nearly cost him his life and left a bullet in his head, with Joanie standing close by throughout the entire experience.





Bridges Health has a proven reputation as a leading voice in psychological health & safety in Saskatchewan and across North America. We are excited to offer our business community sponsorship opportunities to participate in the educational conference and networking event of the year.

**Breaking Barriers: A Journey to Mental Wellness** is expecting over 400 attendees from all walks of life, from business executives to everyday consumers who wish to better themselves and their community. The event includes an educational afternoon conference and networking sessions, leading into an evening gala, dinner, and keynote presentation. Focussing on coming together to gain a deep understanding of the pain and fears that our friends, family and peers may be experiencing, as well as practical applications to resiliency, the intent is to have people start conversations to collectively work towards assisting in finding solutions to further support people and their communities. The event proceeds will be donated to UnderstandUs, a mental health initiative that strives to improve the health and understanding of individuals with mental health barriers, in turn removing the stigma attached to it. UnderstandUs produces awareness campaigns and educates youth through classroom discussions and website resources. They are a young organization that has the ability to connect to youth and make learning about mental health relatable and fun.

Join us in sparking these conversations that will lead to positive change while promoting your organization as a supporter of mental wellness in our society!

## EVENT DETAILS

January 28, 2020

Registration | 12:00 PM  
 Conference | 12:30 PM  
 Evening Gala | 4:00 PM

World Trade Center, Saskatoon  
 Prairieland Park  
 503 Ruth Street West

## TICKETS

*Early Bird Pricing until December 15, 2019*  
 \$199 /person  
 \$1,194 /table (6 people)

*Pricing December 15, 2019 to January 15, 2020*  
 \$250 /person  
 \$1,350 /table (6 people)

Conference or Gala Only: \$149  
 Conference or Gala Only Table: \$750

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