

Mental Health Seminar & Tradeshow Featuring Michael Landsberg, TSN Broadcasting Personality

Pinnacle Hotel Harbourfront
1133 West Hastings Street, Vancouver
Saturday, September 28, 2019 – 8:00 am -12:00 pm

**Join us on September 28th for an educational Mental Health Seminar
focused on issues faced in condo and community living!**

■ **Keynote Speaker: *Michael Landsberg***

Host of TSN Toronto Radio's First Up with Landsberg & Colaiacovo



A broadcasting veteran and radio host, Landsberg has been with TSN since 1984.

He began his broadcasting career as an anchor on SPORTSCENTRE where he hosted over 5,000 episodes, before moving on to host the acclaimed 30-minute daily sports debate program, OFF THE RECORD. He was the Whistler Host for Olympic Daytime on CTV during the Vancouver 2010 Olympic Winter Games and he anchored TSN's Olympic Daytime during the London 2012 Olympic Games. Landsberg was also, nominated for the Gemini Award for Best Host or Interviewer in a Sport Program or Sportscast twice.

Since revealing his personal struggle with depression in 2009, Michael Landsberg has become known as “the guy who talks openly about his mental illness.” Regarded as one of Canada’s most vocal advocates for mental health awareness, today he considers his ability to help reduce the stigma of mental illness as his most important professional calling.

Learn more about Michael Landsberg at: www.sicknotweak.com

■ **Mental Health Workshop**

**Beyond Stigma: Increasing Our Understanding of Mental Health in Condo
& Community Living, presented by *Tracy Brown, Homewood Health***

This workshop will help participants understand mental illness, including the importance of stigma in mental illness, how to recognize common signs and symptoms of mental health issues, and gain strategies to support mental health. During this one-hour workshop, participants will:

- Learn what mental illness is and is not
- Learn about the impact of stigma
- Recognize the signs and symptoms of common mental health issues
- Gain strategies to support mental health
- Explore strata-specific scenarios

Tracy is a registered clinical counsellor with over ten years of experience seeing adults and youth with addiction and mental health diagnoses and concerns. She has worked in the non-profit sector and also has a private practice. Prior to counselling she was a high school teacher, and worked in sports television. Tracy is passionate about people living a content life filled with peace and ease. Outside of work she loves to travel, ski and camp with her family!

Agenda

- 8:00 - 9:00 am** **Breakfast** (Continental Breakfast Included), **Networking / Mingling, Tradeshow, Check-in**
- 9:00 - 10:00 am** **Session One – Mental Health Workshop**
 Beyond Stigma: Increasing Our Understanding of Mental Health in Condo & Community Living,
presented by Tracy Brown, Homewood Health
- 10:00 - 10:30 am** **Coffee Break & Tradeshow**
- 10:30 - 11:30 am** **Session Two – Keynote Speaker, Michael Landsberg**
Host of TSN Toronto Radio's First Up with Landsberg & Colaiacovo
- 11:30 - 11:45 am** **15 Minute Break & Tradeshow**
- 11:45 - 12:00 pm** **Prizes & Closing Remarks**

Tradeshow

There will also be an opportunity to visit some of the city's finest trades that support the condominium Industry. The tradeshow will run for the duration of the event.

Parking

6 am – 6 pm **\$8.14** (After Tax) – Hotel Located at 1133 West Hastings Street
 Parking access on West Hastings Street either side of the hotel. Look for the green **GO PARK** lot access.

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