

UNITED NATIONS
**INTERNATIONAL
YOUTH DAY**

**MENTAL HEALTH &
WELLNESS EVENT**



**Community
Resources & Support**



**Understanding Mental
Health & Addiction**



**Trauma Support &
Recovery**



**Building Individual &
Community Resilience**



**"Sat, Aug 12 |
12-4:30PM @ SFU Surrey"**

UNITED NATIONS
**INTERNATIONAL
YOUTH DAY**



**Canadian Mental
Health Association**
Mental health for all

*moving
forward*



pennyappeal

canada

International Youth Day

August 12, 2023

Time: 12:00 PM - 4:45 PM

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Agenda :

12:00 Welcome, Land Acknowledgement, and Agenda Review

- Yusuf Siraj, Foundation for a Path Forward

12:05 Political Speakers

- The Hon. Minister of Mental Health and Addictions (Video)
- MP Randeep Sarai (TBD)
- MLA Hon. Bruce Ralston
- Surrey City Councillor Linda Annis

12:20 Indigenous Wisdom on Mental Health and Wellness

- Norm Leech, Frog Hollow Neighbourhood House & Our Grandmother Earth

12:45 Understanding Mental Health and Addiction

- Kabir Qurban: Moderator
- Mehreen Masud, MA, RCC
- Haleema Sahib, MSW, RSW
- Sunny Chopra, South Asian Community Hub (SACH)

1:30 Trauma Support and Recovery

- Kabir Qurban: Moderator
- Alister Moes, Moose Anger Management
- Sumayyah Adam, Archway Community Coordinator
- Nirmala Raniga, Chopra Addiction and Wellness Centre

2:30 Building Resilience

- Kabir Qurban: Moderator
- Manjot Sanghera, South Asian Community Hub (SACH)
- Yusuf Siraj, Intersection of Online Harms and Mental Health and Wellness
- Marko Zolotarov, Vice President of Student Relations of Trinity Western University Student Association

3:30 Community Resources and Support

- Yusuf Siraj: Moderator
- Liam Maclure, Community Engagement Leader, Canadian Mental Health Association (CMHA)
- Imam Sheryar Bashir, BC Muslim Association (BCMA)
- Faisal Nahri, MFBCS & ASPIRE Counselling (Live Video)
- Sue Baker, Vancouver Police Department (VPD) Trauma and Mental Health Support (Tentative)

4:45 End of Event

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The Hon. Jennifer Whiteside Minister of Mental Health and Addictions (Video)

- MLA for New Westminster, Minister of Mental Health and Addictions at Government of British Columbia
- Previously served as the Minister of Education and Child Care.
- Led B.C.'s first campaign for a living wage, promoting work that supports families and community participation.
- Championed issues like accessible post-secondary education, affordable public childcare, Medicare, and health equity.



MP Randeep Sarai (TBD)

- Member of Parliament for Surrey Centre, British Columbia
- Founder and Director of Virsa – Supporting Youth Strengthening Families Society and co-initiator of the South Asian Community Coalition Against Youth Violence.
- Active in civic responsibility, including public policy contributions, electoral processes, and supporting initiatives for the underprivileged.



MLA Hon. Bruce Ralston

- BC's Minister of Forests & Minister Responsible for the Consular Corps, MLA for Surrey-Whalley
- Previously served as Minister for Energy, Mines and Low Carbon Innovation and Minister of Jobs, Trade and Technology.
- Current Focus and Priorities include Revitalizing the forest sector with First Nations as partners and diversifying manufacturing.

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Surrey City Councillor Linda Annis

- Councillor at City of Surrey
- Currently the Executive Director of Metro Vancouver Crime Stoppers.
- Served on the Board of Directors for Osteoporosis Canada (Past Chair) and the Surrey Care Community Foundation.
- Councillor for the Downtown Surrey Business Improvement Association.



Yusuf Siraj, Foundation for a Path Forward

- Co-founder of Foundation for a Path Forward
- The Canadian National Council on Online Harms: Intersection of Online Harms and Mental Health and Wellness
- Background in Psychology from UBC



Norm Leech, Frog Hollow Neighbourhood House & Our Grandmother Earth

- Executive Director at Frog Hollow Neighbourhood House since March 2023.
- Co-Chair of the Metro Vancouver Aboriginal Executive Council since June 2016.
- President of the Aboriginal Front Door Society since January 2018.
- Former Executive Director at Vancouver Aboriginal Community Policing Centre from April 2016 to March 2023. This community office focused on addressing urban Indigenous issues of injustice and fostering relations between aboriginal peoples and the Vancouver Police.

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Kabir Qurban, Muslim Foodbank and Community Services

- Secondary School Teacher at Surrey Schools (School District #36 Surrey)
- Chief Executive Officer at Jokabir Productions since March 2022, a production company emphasizing human rights, social justice, reconciliation, and opposing Islamophobia.
- Program Coordinator at Muslim Foodbank and Community Services since January 2015. He also served as an Assistant Program Coordinator from January 2021 to April 2023.



Mehreen Masud, MA, RCC

- Clinical Councillor with Moving Forward Family Services and The Elizabeth Fry Society of Greater Vancouver (EFry)
- Specializes in EMDR therapy
- Works with cognitive behavioral therapy (CBT) integrated with various approaches such as mindfulness, DBT, solution-focused, and narrative therapy.
- Assists clients with a range of issues including relationship conflicts, emotion regulation, substance use, eating disorders, trauma, and abuse.



Haleema Sahib, MSW, RSW

- Director of Intern Support and Success at Moving Forward.
- Responsible for onboarding and providing Owl support to interns, ensuring they receive a comprehensive orientation to the agency.
- Worked as a Social Worker.

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Sunny Chopra, South Asian Community Hub (SACH)

- Sunny Chopra is a life coach and HR professional with personal experience confronting mental health stigma.
- Despite societal expectations as a South Asian man, he sought therapy in his 20s, leading to a more authentic life and pride in his emotional awareness.
- As an outreach worker, Sunny aims to support individuals with addictions and mental health issues, offering culturally sensitive resources and judgment-free assistance.



Alister Moes, Moose Anger Management

- Founder, Moose Anger Management
- Alistair co-leads Moose Anger Management/Healing Anger, serving diverse clients from business leaders to the homeless since 1989.
- His approach addresses underlying emotions behind anger, helping individuals transform their reactions.
- A passionate advocate for parenting, especially fathers, Alister also conducts workshops for various professional groups.



Sumayyah Adam, Archway Community Coordinator

- Community Coordinator at Archway Community Services
- Specializing in policy development that aims to achieve equitable outcomes for underrepresented groups using empathy-led qualitative research, social justice development practices, and interpretive analysis.
- Collaborates on a diversity, education, and services team that creates and delivers research and awareness sessions on anti-racism and newcomer integration training. This

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Nirmala Raniga, Chopra Addiction and Wellness Centre

- Founder and Director Chopra Addiction and Wellness Center
- Chopra Addiction and Wellness Center partnered with Dr. Deepak Chopra and The Chopra Center for Wellbeing to create an addiction treatment center in Squamish, British Columbia.
- The residential center is the first of its kind, offering a unique healing approach that combines timeless Eastern healing traditions with the most recent breakthroughs in Western medical science.



Manjot Sanghera, South Asian Community Hub (SACH)

- Manjot Sanghera is a conscientious university student who aspires to bring positive change to our society.
- In high school, Manjot decided to be a part of the change and help break through the stigma surrounding mental health in the South Asian community.
- Manjot also has experience working with the community on East Hastings in the Downtown Eastside, as well as with youth.
- Now Manjot is a member of the SACH South Asian Community Hub Outreach Team and uses her skills, experience, and Punjabi language abilities to help people struggling with substance abuse, mental health, and other issues.



Marko Zolotarov

- Ukrainian Refugee
- Bachelor of Education - BEd, Political Science and Government
- Vice President of Student Relations of Trinity Western University Student Association

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Liam Maclure, Community Engagement Leader, Canadian Mental Health Association (CMHA)

- Manager, Peer Services Manager, Peer Services CMHA,
- Community Engagement Leader Community Engagement Leader Metro Vancouver Alliance
- Community Organizer Community Organizer Greater Victoria Acting Together
- Grassroots communities across BC in the areas of climate, mental health, education, and Indigenous reconciliation.



Imam Sheryar Bashir, BC Muslim Association (BCMA)

- Imam with the BC Muslim Association
- The BCMA is British Columbia's largest Muslim organization with over 22 locations across the province serving 100,000 people with community and religious services.



Faisal Nahri, MFBCS & ASPIRE Counselling (Live Video)

- Professional Counsellor at Heart n Soul care since January 2021.
- Counselling Team Lead at Muslim Food Bank and Community Services Society since June 2022.
- Proficient culturally specialized, emotionally focused approach to Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), narrative therapy and other modalities.



Sue Baker, CTSS - VPD (Tentative)

- Vancouver Police Department (VPD) Trauma and Mental Health Support
- Program Coordinator, Victim Services Unit at Vancouver Police Department

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