

# MENTAL WELLNESS AND THE GREEN LIFT

## Mood Walks Summit

Mood Walks presents a one-day knowledge exchange and networking summit to share the exciting strides taken in its pilot year creating a province-wide program of greenspace walking groups for people living with mental health challenges. The Mood Walks Summit will enable dialogue among its community of practice, and map new partnership paths that support mental wellness through the "green lift" of nature-related programs.

**Location: YWCA Elm Centre, 87 Elm Street, Toronto  
Tuesday, March 31, 2015 8:30am - 4:00pm**

### AGENDA

- 8:30am Breakfast, Registration, and Networking
- Morning Sessions:
- 9:00am Preface by Mood Walks Program Director  
Panel Talks and Discussion by Program Leaders and Participants
- 10:40am Nutrition and Physical Activity Break
- 11:00am Partner Updates: Hike Ontario, Conservation Ontario
- 11:30am Mood Walks Evaluation Results and Public Report Launch
- 12:00pm Aboriginal Lunch, Networking, and Outdoor Walks
- Afternoon Sessions:
- 1:00pm Guest Talks: "Initiatives connecting Mental Wellness and Nature's Green Lift"  
Bill Kilburn (Back to Nature Network, Royal Botanical Gardens)  
Aryne Sheppard (30 x 30, David Suzuki Foundation)  
Followed by Roundtable with Morning Partner Presenters
- 2:15pm Global Café Breakout groups: "Talking the Walk, Walking the Talk: How to make Mood Walks more accessible and inclusive"  
With table refreshments
- 3:00pm Embodying the Mood Walks Approach: "Green Listening"  
Experiential Workshop
- 3:45pm Wrap Up/Evaluations/Prize Draw
- 4:00pm Day finishes

**Limited Space. To register <https://moodwalkssummit.eventbrite.ca>**

## MOOD WALKS

### Educational Walking Programs to Promote Mental Health

Mood Walks is a provincial program that provides training and support for community mental health organizations across Ontario to launch educational walking programs for people who experience mental health issues. The program promotes both physical and mental health by reducing barriers and creating new opportunities for people to be physically active. All participants receive Safe Hiker training from Hike Ontario and participate in group walks on local hiking trails and at Conservation Areas (including events during the Healthy Hikes Challenge, May-October). More than 20 mental health agencies participated in the Mood Walks program in 2014. Mood Walks is an initiative of the Canadian Mental Health Association, Ontario, in partnership with Hike Ontario and Conservation Ontario, with funding from the Ontario Ministry of Tourism, Culture and Sport.

**Current Mood Walks program leaders, participants, volunteers and partners attend free. Morning refreshments and lunch – and afternoon trail mix – are included in the \$20 registration fee for other attendees.**

**Questions?** Contact Event Coordinator Margaret Christakos  
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