

Gather & Grow: Cultivating Connections

2025 Provincial Exchange Call for Presenters



October 1-3, 2025

Westwood Estates, Ponoka, AB



About the Provincial Exchange

Join the Canadian Mental Health Association and Centre for Suicide Prevention's (CMHA + CSP) Rural Mental Health Network (RMHN) in Ponoka on October 1-3, 2025, for our fourth annual Provincial Exchange!

The Provincial Exchange is two days of immersive workshops, empowering keynotes, and inspiring stories in the field of health promotion, social innovation, community development and grassroots approaches for the Rural Mental Health Network across rural Alberta.

The Provincial Exchange will ignite and connect community members across Alberta to foster a future where the mental wellbeing of rural communities thrives through connection, collaboration, and sustainable action.

Our work is guided by key principles that support community well-being. We focus on strengthening and expanding community-led activities and building on existing skills and resources. We take a broader approach to mental health by recognizing all the ways wellness is created and influenced in a community. We also aim to foster collaboration and long-term change that adapts to the evolving needs of people and communities over time.

We hope communities will take away from this event:

- Fresh perspectives, inspiration, and learnings
- Recognition and celebration of the wisdom, passion, and experiences of rural Alberta
- Stronger connections and enhanced collaboration
- Increased knowledge, skills, and practical tools to support rural community mental health and well-being

Provincial Exchange - Gather & Grow: Cultivating Connections

Rural Albertans want to learn from each other and strengthen connections within and between communities. The Provincial Exchange creates a space for communities to come together, share what is happening in their areas, and build relationships and partnerships. This event will help spark new ideas, encourage collaboration, and explore ways to take action toward mentally healthy communities. By working together at local, regional, and provincial levels, we can support lasting efforts that align with the goals of the Rural Mental Health Network.



CONFERENCE THEMES

Provincial Exchange: Gather & Grow: Cultivating Connections will feature 3 themes:



CULTIVATING CONNECTIONS

This theme focuses on fostering a vibrant network of relationships that inspire creativity and collaboration. By encouraging participants to share their stories and experiences, we aim to spark innovation and community spirit.

Attendees will have the chance to:

- **Build Meaningful Relationships:** Engage in structured networking opportunities that allow for authentic connections and the sharing of personal narratives.
- **Explore Mentorship:** Participate in workshops designed to cultivate mentorship within their communities, including how to become a mentor and how to seek one out.
- **Discover Creative Solutions:** Collaborate in brainstorming sessions that explore innovative ways to tackle community challenges, using case studies and real-life examples.
- **Empower Grassroots Leadership:** Shift perspectives on decision-making by learning about community-led initiatives that prioritize local voices and experiences.

BUILDING PRACTICAL SKILLS

This theme is dedicated to equipping attendees with hands-on skills that can be immediately applied within their communities. Practical learning experiences are designed to enhance the effectiveness of community animators.

Attendees will have the chance to:

- **Participate in Interactive Sessions:** Engage in workshops that simulate real-world scenarios in community engagement, encouraging participants to share strategies and best practices.
- **Gain Insights into Grant Writing:** Attend sessions focused on the intricacies of grant writing, including tips for crafting compelling proposals and understanding funder priorities.
- **Utilize Technology and Social Media:** Explore digital tools that can enhance community outreach and engagement, including how to leverage social media platforms effectively.

EQUITY, DIVERSITY, AND INCLUSION

This theme emphasizes the importance of creating inclusive spaces that honour diverse voices and perspectives. Learning from various community members, we aim to highlight best practices for promoting equity and understanding.

Attendees will have the chance to:

- **Hear from Diverse Voices:** Participate in panels featuring individuals from varied backgrounds, sharing their experiences and insights on community engagement and inclusivity.
- **Address Mental Wellbeing Needs:** Engage in discussions focused on the unique mental health challenges faced by diverse populations and learn about community-driven solutions.
- **Foster Inclusive Practices:** Workshop sessions will explore actionable strategies for integrating equity and inclusion into community initiatives, ensuring all voices are heard and valued.

HOW TO SUBMIT YOUR SPEAKER NOMINATION FORM

DEADLINES

Call for Expressions of Intent open: April 9, 2025

Submission deadline: May 9, 2025

Results notification: May 16, 2025

Online submissions can be completed at 2025 Provincial Exchange Call for Submissions

REQUIRED INFORMATION

- Identify the relevant provincial exchange theme and how it might address the learning opportunity
- Provide the title of the workshop
- Educational objectives- what do you want people to take away from your session?
- Name(s) and preferred pronouns of facilitator(s) as you would like them to appear on the conference program
- Identify format (each session is required to have an interactive component):
 - **Presentation** (45-60 minutes with time for questions)
 - **Workshop** (15–30 minute presentation with remaining time for interaction with participants)
 - **Interactive content/presentation** (60-120 minutes) (space to share content, experiences, and activities that facilitate dialogue, learning and practical skill development) - Preferred
- Key contact information (address, email, phone number)
- Biography of each facilitator (50 words or less)
- Description of workshop suitable for inclusion in Provincial Exchange program
- Key points/outline of your presentation
- Presentation method details. Include audio/visual equipment required, or any supplies such as whiteboards, sticky notes, etc.
- Please note all presenters are asked to present in person at Westwood Estates in Ponoka, AB.

SUBMISSIONS WILL BE EVALUATED USING THE CRITERIA BELOW

- Relevance to the provincial exchange theme
- Clarity and coherence of the submission
- Contribution of knowledge, experience, and expertise as it relates to rural Alberta, community development, social innovation, and grassroots approaches
- Relevance and utility to communities
- Evidence that submission will encourage interaction among attendees

QUESTIONS ABOUT SUBMISSION?

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ACCEPTANCE AS A PRESENTER

- A small honorarium will be available to presenters
- Travel reimbursement will not be available
- An electronic version of the presentation must be submitted shortly before the conference
- Presenters will be provided with a designated time to present