

# ENVISIONING ENVIRONMENTAL WELLNESS

February 7th

Trinity College, Seeley Hall

## Symposium on Mental & Planetary Health:

- *Student & Researcher Perspectives on Ecoanxiety*
- *A Workshop on Imagining Sustainable Futures*



Britt Wray, Author of  
*"Generation Dread"*  
Stanford



Swelen Andari, Director of  
*Planetary & Mental Health*  
CAMH



Amy Mui, *The Eco Hope Project*  
Dalhousie



Julius Lindsay,  
*Sustainability Futurist*  
David Suzuki Foundation



SCHOOL OF THE  
ENVIRONMENT



Integrated  
Sustainability  
Initiative



New College  
Buddhism, Psychology &  
Mental Health





# SCHEDULE

February 7th  
Trinity College, Seeley Hall

OPENING  
12:00-12:30 PM

INDIGENOUS PERSPECTIVES &  
MINDFULNESS PRACTICE  
With Mikayla Redden and Elli Weisbaum

12:30 - 2:30PM

STUDENT & RESEARCHER  
PERSPECTIVES

A Panel Featuring Britt Wray, Amy  
Mui and Swelen Andari

2:30 - 3:00 PM

BREAK

3:00 - 4:30 PM

IMAGINING SUSTAINABLE  
FUTURES

A Workshop with Julius Lindsay

4:30 - 5:30PM

RECEPTION

5:00 - 6:30 PM

STUDENT-LED PARALLEL  
SESSIONS



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