



WORKING STRONGER

Alberta's Workplace
Mental Health Conference

October 28 & 29, 2025

CALL FOR ABSTRACTS

IN THIS BOOKLET

Learn how to submit your abstract for presenting at
CMHA Alberta and Centre for Suicide Prevention's 2025
Working Stronger Conference.



Canadian Mental
Health Association
Alberta
Mental health for all



centre for
suicide prevention

CALL FOR ABSTRACTS

Canadian Mental Health Association, Alberta Division and Centre for Suicide Prevention are now accepting abstract submissions for speakers and workshop presenters at Alberta's leading workplace mental health conference.

As Alberta's premier workplace mental health conference, Working Stronger offers two immersive days filled with transformative workshops, captivating keynotes, and inspiring stories. Our goal is to create and sustain mentally healthy workplaces that empower individuals and organizations to thrive. Join us as we collectively pave the way towards mentally healthy work environments that foster well-being, belonging, and success for all.

We invite you to be a part of the eighth annual Working Stronger Conference, hosted by Canadian Mental Health Association, Alberta Division and Centre for Suicide Prevention at **The Westin in Edmonton, Alberta** on **October 28 & 29, 2025**.

This interactive in-person conference is tailored for front-line employees, middle managers, and senior leadership. Attendees will be equipped with the tools to bring positive change to their organization. Whether they're navigating workplace mental health for the first time or refining established strategies, this conference is designed to empower people to harness the full potential of the people and resources within their organization.

The conference serves as a platform for passionate individuals from varying industries who are dedicated to advancing mental health within their organizations. Senior leaders, frontline employees, union personnel, consultants, occupational health and safety teams, human resource professionals, first responders, and health professionals come together to learn, share, and grow together.

Working Stronger features inspiring mental health speakers, engaging panel discussions, interactive workshops, and insightful stories from people living and working with mental health struggles. Working Stronger is an opportunity to find tools, strategies, resources, and support to become an influential mental health champion in your workplace.

Don't miss this opportunity to be a part of the Working Stronger Conference where knowledge meets action.

2025 THEME: STREAMS OF STRENGTH

This year, we invite you to embark on a journey through the Streams of Strength that flow into thriving workplaces. Like a river fed by multiple tributaries, mentally healthy organizations are shaped by interconnected streams of best practices, inclusive strategies, and creative solutions to unique challenges.

At Working Stronger 2025, we'll explore these vital streams, charting a path towards workplaces that foster resilience, well-being, and engagement at every level. Together, we will build environments where individuals can thrive and organizations can flourish, no matter the challenges.

CONFERENCE STREAMS

Working Stronger: Streams of Strength will feature three conference streams:

1. NAVIGATING THE WATERS OF PSYCHOLOGICAL HEALTH & SAFETY

This stream focuses on equipping workplaces to align with the [National Standard for Psychological Health and Safety in the Workplace](#), offering clear guidance for creating sustainable organizational mental health strategies. Whether you're just beginning to implement the Standard or fine-tuning your approach, you'll gain practical tools and innovative insights to elevate your workplace psychological well-being rooted in best practices.

Attendees of this stream will:

- Gain actionable tools and resources to build a culture of mental health that supports employees at all levels.
- Learn proven strategies for implementing the Standard in diverse organizational contexts.
- Explore real-world success stories from workplaces that have improved their psychological health and safety.

2. CHANNELS OF CONNECTION: BUILDING POSITIVE WORKPLACE CULTURES

This stream explores the importance of a positive workplace culture. Attendees will learn strategies to create environments that recognize and support the varying needs of all employees, including those needs related to identity, ability, and systemic barriers.

Attendees of this stream will:

- Discover approaches to building supportive environments, community, and belonging within their organizations.
- Learn from case studies of organizations that successfully support the varied needs of all employees.
- Gain practical tools to support the varying needs of all employees, and to identify and address barriers to an employee's sense of belonging and connection in the workplace.

3. RIDES OF RESILIENCE: OVERCOMING CHALLENGES IN THE CURRENT

Creating buy-in and navigating limited resources can be some of the biggest hurdles of workplace mental health initiatives. This stream explores how to tackle these challenges head-on, with actionable advice for fostering commitment, overcoming obstacles, and adapting to evolving workplace demands.

Attendees of this stream will:

- Engage in interactive sessions that explore how to secure organizational buy-in.
- Hear from leaders who have overcome resource constraints to implement impactful initiatives.
- Gain skills in leveraging creativity and innovation to address unique workplace challenges.

BE A PART OF THE MOVEMENT

Join us as we navigate the **Streams of Strength** that converge into thriving, resilient organizations. Together, we'll chart a course towards a future where every workplace is a source of well-being, belonging, and success.

HOW TO SUBMIT YOUR ABSTRACT

ONLINE SUBMISSION PROCESS

[Submit your abstract here](#)

DEADLINES

Call for Abstracts opens | **March 10, 2025**

Abstract submission deadline | **April 11, 2025**

Results notification | **April 21, 2025**

REQUIRED INFORMATION

You will need to provide the following information for your abstract submission:

- Relevant conference stream:
 - Navigating the Waters of Psychological Health & Safety
 - Channels of Connection: Building Positive Workplace Cultures
 - Rides of Resilience: Overcoming Challenges in the Current
- Presentation title
- Learning objectives – what do you want people to take away from your session?
- Name(s) and pronouns of presenter(s) as you would like them to appear on the conference program and website
- Format:
 - Duration: 60 or 90-minutes
 - Participation: Interactive or not interactive
- Contact information (address, email, and telephone number)
- Biography of each presenter (50 words or less)
- Abstract suitable for inclusion in the conference program (sales pitch/description of your presentation)
- Key points of your presentation or a presentation outline
- Presentation method details, including required: audio/visual equipment/support, supplies such as whiteboards, sticky notes, etc.

All presenters are required to present in-person at The Westin in Edmonton, Alberta.

SUBMISSION EVALUATION CRITERIA

- Relevance to the conference theme
- Clarity and coherence of the submission
- Contribution of knowledge, expertise, or best practices
- Relevance and utility to participants
- **Evidence that submission will encourage interaction among conference participants**
- Key points of presentation and evidence of 'participant take-away'

ACCEPTANCE AS A PRESENTER

- Presenters will receive a discounted conference registration. If cost is a barrier, please reach out to us at events@cmha.ab.ca to receive information on our bursary program.
- An electronic version of the presentation must be submitted to the event manager by October 20, 2025. Presentations will be posted on the conference app after the completion of the conference and will be available to attendees until December 1, 2025.
- Presenters will be provided with a designated time to present by the conference committee.

QUESTIONS ABOUT YOUR ABSTRACT SUBMISSION?

If you have questions regarding the abstract submission process, please contact:

Sherry Sim, Event Manager
Innovative Business Solutions

Telephone: 1.866.655.8548
Email: workingstronger@cmha.ab.ca