



From Stress to Strength: A Worker Wellbeing Summit

November 17-20th, 2026

Marriott on the Falls, Niagara Falls

AGENDA

Tuesday, November 17th – Who We Are

- | | |
|-------------------|---|
| 1:00 pm - 5:00 pm | Registration |
| 3:30 pm - 5:00 pm | Opening Plenary <ul style="list-style-type: none">• Keynote Speaker (TBA) |
| 6pm | Evening Reception |

Wednesday, November 18th – What We Face

- | | |
|--------------------|--|
| 8:00 am - 9:00 am | Registration Concludes |
| 8:15 am - 8:45 am | Morning Smudge |
| 9:00 am - 12:00 pm | Panel 1 – Safe Work First <ul style="list-style-type: none">• Connecting Work and Mental Health• Assessing Violence in Work• Worker Power in the Policy Framework |
| 12:00 pm - 1:30 pm | Lunch Break |
| 1:30 pm - 5:00 pm | Panel 2 – Unscheduled, NOT Unexpected <ul style="list-style-type: none">• De-escalation: confidence and competence• Risk Assessments: Staff Talks• Leveraging JHSC Power |
| 5:00 pm | Conference Ends for the Day |

Thursday, November 19th – What We Need

8:15 am - 8:45 am	Morning Smudge
9:00 am - 12:00 pm	Panel 3 – Worker Action for Worker Well-being • Peer Support Programs • Addressing Toxic Workplaces • JHSC and Union Organising for Wellbeing
12:00 pm - 1:30 pm	Lunch Break
1:30 pm - 5:00 pm	Breakouts* - Problems to Solve for Worker Wellbeing • Identity, Culture and Wellbeing • Safe Work First • Responding to violence, harassment and discrimination • Recovering from violence, harassment and discrimination

Note: Conference Delegates will participate in each breakout – no registration needed.

5:00 pm	Conference Ends for the Day
---------	-----------------------------

Friday, November 20th – Politics and Solidarity

8:15 am - 8:45 am	Morning Smudge
9:00 am - 12:00 pm	From the Workplace to Politics • A Labour advocacy primer – from the workplace to the Legislative Assembly (MPP to be confirmed) • Prioritising Wellbeing at Work – Resolutions • Collective Agreement Gaps – Identification of the problems to solve • Closing Remarks
12pm	Adjournment