

## You're invited to Seneca Talks: Mental Health Matters

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The Sports, Entertainment & Event Marketing (SEM) students invite you to their event, Seneca Talks Mental Health Matters. This event is open to students, employees and alumni.

On Wednesday, July 26 from 9 a.m. to 3 p.m. at Newnham Campus in Room K2100 B, C and D, join us for an interesting and enlightening conversation that explores the connection between performance pressures and mental well-being. This event will help end the stigma surrounding mental health and the difficulties and struggles anyone can experience.

Join us for a day of presentations, networking opportunities and a mindfulness session. Hear stories and learn from those in the industry working to continue the conversations surrounding genuine discussions about mental health awareness, combating stigma and the importance of self-care. Connect with like-minded individuals who are passionate about mental well-being and engage with mental health advocates.

Advocate presenters include Michael Landsberg, a renowned mental health advocate and an award-winning broadcaster and former host of TSN's Off the Record. Also presenting will be Ben Meisner, former professional ice hockey goaltender; motivational speaker Tychon Carter-Newman, first Black winner of Big Brother Canada; Venky Rao, MA(Psy), RP, Senior Manager, Personal Counselling Services, Seneca Polytechnic; and Mishka Blacker, Mental Performance Consultant (MPC) and PhD candidate.

Click [here](#) to see the full agenda and speaker bios.

**Register now** to secure your spot at this event. If you register and can no longer attend, please cancel your reservation one week prior to the event as seating availability is limited. The event will be livestreamed for those who cannot attend in person - check back soon for a link.

**SENECA TALKS**  
Brought to you by Sports, Entertainment & Event Marketing (SEM) Students

**MENTAL HEALTH MATTERS**

**#EndTheStigma**

**REGISTER NOW!**  
July 26, 2023  
9AM - 3 PM (With Lunch)  
Newnham Campus K2100

Meet Michael Landsberg  
Media Celebrity &  
Mental Health Advocate



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