



ACTIVITY TRACKER



Join the discussion by participating in activities that explore the multiple and diverse factors that intersect and influence the perspectives, ideologies, and experiences of your peers in the workplace.

[Click here](#) for activity descriptions and registration details.

3	4	 Mental Health and Racism	5	 Defence Team News Segment	6	 Not All Disabilities Are Visible – A Two Eyed Seeing Approach to Invisible Disabilities	7	 Spotlight Interview: Lt(N) Catherine Norris	8	9		
Mental Illness Awareness Week												
World Mental Health Day	10	11	 Let's Talk Intersectionality	12	13	14	 Myths & Facts: Interactive Activity	15	 Becoming An Ally	16		
	17	18	 A Discussion on Indigenous Well-Being	19	 Ask Me Anything (AMA): Building Resiliency – Women's History Month	20	 Positive Space Initiative Briefing	21	22	23		
	24	25	26	 Microaggression and Its Impacts	27	28	 Harassment and Misconduct Literacy, Prevention and Resolution	29	 Spotlight Interview: Mcpl Meghan Beauchamp	30		
31	<div> Webinar</div> <div> Interactive Activity</div> <div> Messages</div> <div> Interviews</div>											

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