2022 Departmental Retreat

Education and Wellness in the Post-pandemic Era

Manoir Saint-Sauveur (246 Chemin du Lac-Millette, Saint-Sauveur, QC)

Day 1: Saturday, November 5

15:00 – 16:00  
Arrivals and Check-in

16:00 – 16:15  
Matterhorn B&C  
Session 1: Welcome  
Dr. Gustavo Turecki (Chair, Department of Psychiatry)

16:15 – 18:30  
Matterhorn B&C  
Session 2: Workshop  
Four Pillars of Wellbeing  
Dr. Patricia L. Dobkin, PhD (Associate Professor, Department of Medicine, McGill University)  
Dr. Michel Spodenkiewicz, MD, PhD (Associate Professor, Université de Reunion, France)

18:30 – 19:00  
Foyer Salle Everest  
Cocktails

19:00 – 21:00  
Everest A  
Banquet Dinner

Day 2: Sunday, November 6

7:00 – 9:00  
Restaurant La Tablée  
Breakfast

9:00 – 10:30  
Matterhorn B&C  
Session 3: Managing Adversity and Change  
Nathalie Marie Duchesnay  
Faculty Lecturer, Max Bell School of Public Policy and the Desautels School of Management

10:30 – 11:00  
Foyer Matterhorn  
Coffee Break & Hotel Check-out

11:00 – 12:30  
Matterhorn B&C  
Session 4: Giving and Receiving Feedback  
Nathalie Marie Duchesnay  
Faculty Lecturer, Max Bell School of Public Policy and the Desautels School of Management

12:30 – 13:30  
Restaurant La Tablée  
Lunch Buffet

13:30 – 15:00  
Matterhorn B&C  
Session 5: Summary and Closing Remarks

Optional activities and services on-site for you and your guests
Gym, indoor pool & sauna, Nordic thermal experience, multi-sports field & equipment rental, Kids Club, Spa du Manoir ($)

Organizing Committee:
Gustavo Turecki, Nicola Casacalenda, Julia Dornik, Naguib Mechawar, Zoe Thomas, Jason Bond, Leon Tourian, Kazue Narita

Volunteers:
Daniel Almeida, Marina Wakid, Marina Tadeschi Dauar,  
Arianna Narita, Claudia Belliveau

Social Committee:
Jason Bond  
Zoe Thomas