

# COCHRANE YOUTH SUMMIT

presented by  
**Family & Community Support Services and  
Family Resource Network**

## Keynote Speaker

### **RYAN STRASCHNITSKI**

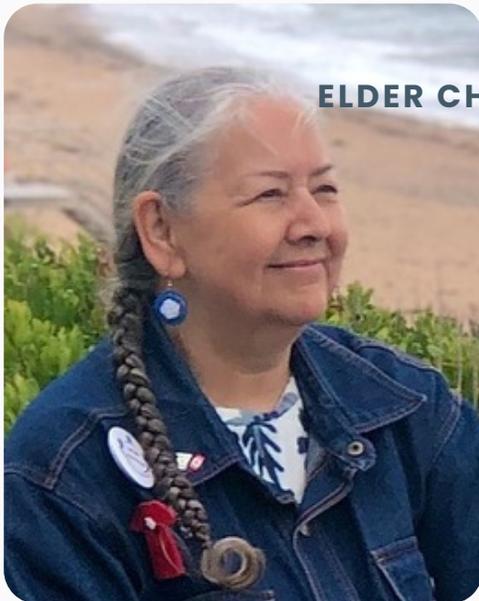
Ryan Straschnitzki is a renowned keynote speaker, sharing his powerful story of survival and resilience after the Humboldt Broncos bus crash that left him paralyzed from the chest down. Through his inspiring talks, Ryan motivates audiences by discussing mental toughness, overcoming adversity, and the importance of positivity in the face of life's challenges. As the founder of the Straz Strong Foundation and a Paralympic hopeful, Ryan's mission is to use his platform to raise awareness about disabilities and inspire others to pursue their goals, no matter the obstacles.



## Opening Remarks

### **ELDER CHERYLE CHAGNON-GREYEVES**

Cheryle Chagnon-Greyeyes is a proud Nehiyaw Esquao (Cree Woman), a member of Muskeg Lake Cree Nation, Saskatchewan, Treaty 6, and Métis. Her ceremonially gifted Cree name translates to "Healing Woman Who Walks Far", and she has resided in Calgary, Treaty 7, Alberta, since 1993. Cheryle earned a BA in Communications and a BA in Canadian "Native" Studies from the University of Calgary, and a Diploma in Advertising & Public Relations from Grant MacEwan University, Edmonton.



March 18, 2026  
Cochrane RancheHouse

## Agenda:

9:00 - 9:30 A.M.  
REGISTRATION

9:30 - 9:40 A.M.  
OPENING REMARKS &  
BLESSING

9:45 - 10:30 A.M.  
KEYNOTE SPEAKER

10:35-11:20 A.M.  
BREAKOUT SESSIONS 1  
A, B, C, D & E

11:25 a.m. - 12:10 P.M.  
BREAKOUT SESSIONS 2  
A, B, C, D & E

12:15 - 1 P.M.  
LUNCH

1:05 - 1:50 P.M.  
BREAKOUT SESSIONS 3  
A, B, C, D & E

1:50 - 2:20 P.M.  
BREAK/CHILL ROOM

2:20 - 2:50 P.M.  
CLOSING REMARKS



## BREAKOUT SESSIONS

### Session 1a: Level Up Your Calm

**PRESENTERS: DYLAN OOSTERVELD & SHELBY HOPLAND GUIDI**  
**ORGANIZATION: RECOVERY ALBERTA**  
**TIME: 10:35 - 11:20 A.M.**

Feeling overwhelmed, stressed, or anxious about school, sports, parents, self, friends, or future? Not quite feeling like yourself? Come and join us for some information, activities and discussion. We'll show you how to tell the difference between good stress and bad stress, give you some ideas about how you can manage stress and show you some cool tools. Join us for this interactive session, come grab the controls and Level Up Your Calm.

### Session 1b: Rest to Be Your Best

**PRESENTERS: ASHLEY MEAGHER & STEPHANIE SANDS**  
**ORGANIZATION: ROCKY VIEW SCHOOLS**  
**TIME: 10:35 - 11:20 A.M.**

This interactive session is designed to help high school students understand why sleep matters, especially for mental health. Students will explore how sleep affects mood, focus, stress, and overall well-being, learn practical sleep hygiene strategies they can actually use, and reflect on their own sleep habits. The session wraps up with a creative, hands-on activity where students design their own sleep masks, reinforcing the idea that rest is a form of self-care and an essential part of being their best.

“The Youth of Today are the Leaders of Tommorrow.”

NELSON MANDELA



## Session 1c: Community Helpers

**PRESENTER: DOUW VORSTER**

**ORGANIZATION: COCHRANE FAMILY & COMMUNITY SUPPORT SERVICES (FCSS)**

**TIME: 10:35 - 11:20 A.M.**

This session will help give you practical skills to help. You'll learn how to tell when a friend is struggling, some tips and tricks on how to listen well, and resources you can help your friend get connected to.

## Session 1d: Moving Cochrane Forward: Youth Voices on Mobility

**PRESENTER: ADAM MILDENBERGER**

**ORGANIZATION: TOWN OF COCHRANE**

**TIME: 10:35 - 11:20 A.M.**

Take part in an interactive workshop focused on mobility in our community. Share your experiences and ideas about walking, biking, transit, and getting around Cochrane - what works, what doesn't, and what could be better. Your voice will help shape future planning and decisions that affect how youth move around town. Join the conversation and help move Cochrane forward.

## Session 2a: Drama Class with Sleeping Giants Theatre

**PRESENTER: JENNY AUSTIN**

**ORGANIZATION: SLEEPING GIANTS THEATRE SOCIETY**

**TIME: 11:25 A.M. - 12:10 P.M.**

Sleeping Giants Theatre will be running a mini-drama class full of improv, movement, and mini-play creation! Drama is an amazing way to connect and create with your classmates and new friends, and find your place in a collaborative group. Drama is also a great place to explore and show off your unique talents and abilities. Whether you've done some acting before, or you are brand new to the theatre, drama is great for anyone looking to have fun and be creative.

## Session 2b: Social Media & Mental Health

**PRESENTER: ALYSSA LIGHTFOOT**

**ORGANIZATION: VITAL MIND PSYCHOLOGY**

**TIME: 11:25 A.M. - 12:10 P.M.**

An interactive and educational conversation about how social media can impact our mental health, both positively and negatively. You will receive research-based information, as well as engage in small and large group conversations exploring the topic and how it applies to you!

## Session 2c: Resume Writing & Interview Skills

**PRESENTER: SCOTT EVANS**

**ORGANIZATION: PROSPECT EMPLOYMENT**

**TIME: 11:25 A.M. - 12:10 P.M.**

Learn the importance of a resume that sells skills that you may not know you even have. Interviews can be scary, learn how to answer questions with confidence and get the job.

## Session 2d: Sacred Medicine Wheel Teachings

**PRESENTER: ELDER CHERYLE CHAGNON-GREYEYES**

**ORGANIZATION: CREE 8**

**TIME: 11:25 A.M. - 12:10 P.M.**

The medicine wheel represents the Life Journey, and the purpose of the Medicine Wheel is to learn balance and moderation, with recognition and appreciation of what the gift of life has to offer. The Medicine Wheel is both a universal symbol and a personal tool to help remember these teachings and incorporate them into our daily lives.

## Session 3a: Chaos Control

**PRESENTER: JAMILA GODFREY**

**ORGANIZATION: VILLAGE OF PLAY RECREATION INC.**

**TIME: 1:05 - 1:50 P.M.**

High-energy games that look like pure chaos but will actually show you what you're made of. We're talking freeze dance that messes with your head, capture the flag where the rules change mid-game, and tournaments that'll have you questioning everything. No lectures. No cringe. Just competition, strategy, and finding out if you can really lock in when it matters. Come ready to move, think fast, and maybe discover you're better under pressure than you thought.

## Session 3b: Healthy Relationships

**PRESENTERS: COLE HIGGINSON, ROBIN SIMMERS, KERRI VANMEETELEN**

**ORGANIZATION: BGC COCHRANE & AREA**

**TIME: 1:05 - 1:50 P.M.**

Nobody is an island! We all have connections and they can be hard to navigate at times. This session on healthy relationships will discuss communication skills, tips and tricks to set boundaries, consent, and will also have a Q & A session for any relationship or communication questions you may have. Remember, a relationship doesn't have to be romantic, any connection you have is a relationship, and we want to keep them healthy. Come join us!

## Session 3c Taking a Bite Out of Nutrition Myths

**PRESENTER: CYNDI ADAMS**

**ORGANIZATION: ALBERTA HEALTH**

**TIME: 1:05 - 1:50 P.M.**

Get ready to challenge what you think you know about healthy eating! In this interactive, myth-busting session, a registered dietitian will guide you through some of common nutrition messages shared on social media, in school hallways, and even at home. Together, we'll unpack what's fact, what's fiction, and how to spot the difference.

This session will help you walk away with clear, simple, and science-based information—no judgment, no diets, and no boring lectures.

Together, let's take a bite out of nutrition myths!

## Session 3d: Next Steps Forward: Rethinking Youth Housing & Shelter

**PRESENTER: GINA VAN DEN BURG**

**ORGANIZATION: TOWN OF COCHRANE**

**TIME: 1:05 - 1:50 P.M.**

This presentation explores the real housing challenges young people are facing today—from rising rents and affordability pressures to housing insecurity—and how these trends are shaping the choices youth will make as they move toward independence. We'll look at what's happening now, what the data and lived experiences are telling us, and what the future could look like if nothing changes. Just as importantly, the session invites youth to share their own experiences, perceptions, and hopes for housing in Cochrane. The presentation will highlight solutions Cochrane is exploring and how young people can be powerful advocates in shaping a more affordable, inclusive housing system that supports youth as they exit the family home and build their futures.

## Session 1e, 2e, 3e: Escape the Hype

**PRESENTERS: ESCAPE CITY**

**ORGANIZATION: ESCAPE CITY, CALGARY**

**TIME: 10:35 - 11:20 A.M., 11:25 A.M. - 12:10 P.M. & 1:05 - 1:50 P.M.**

Ready for an unforgettable team-building adventure? Strengthen teamwork, enhance communication, and put problem-solving skills to the test with our exciting Mobile Escape City experiences. The mobile escape room will immerse you in a cutting-edge escape room adventure, and the table-top games are designed to challenge and engage you in a fun, interactive, and collaborative way.

# CHILL ROOM: AFTER THE HYPE

Sessions are over – now it's time to relax. The Chill Room is open after the conference for low-key hanging out, quiet conversations, and recharging. Grab some candy and cuddle some puppies from the Cochrane Humane Society before closing remarks.



If you would like more information about this event please call 403-851-2250 or email us at [fcss@cochrane.ca](mailto:fcss@cochrane.ca)



Scan the QR code to register!

