



The Healing Circle

Reconnect with Land, Self & Community

Saturday, August 8, 2026

McKenna Centre for Leadership, St. Francis Xavier University, Antigonish, NS

Time	Activity
11:45 AM – 12:00 PM	Registration & Welcome (<i>McKenna Centre for Leadership</i>)
12:00 PM – 12:20 PM	Opening Welcome + event overview (<i>McKenna Centre for Leadership</i>)
12:30 PM – 1:30 PM	Community Lunch (<i>Morisson Hall</i>)
1:35 PM – 1:45 PM	Transition and welcome back (<i>McKenna Centre for Leadership</i>)
1:45 PM – 2:50 PM	Session 1 – Dr. Oksana Sichkar (<i>McKenna Centre for Leadership</i>)
2:50 PM – 3:10 PM	Wellness Break- Break 1 (<i>McKenna Centre for Leadership</i>)
3:10 PM – 4:40 PM	Session 2 – Jillian Marchand (<i>McKenna Centre for Leadership</i>)
4:40 PM – 5:00 PM	Wellness Break- Break 2 (<i>McKenna Centre for Leadership</i>)
5:00 PM – 6:00 PM	Panel (<i>McKenna Centre for Leadership</i>) Panelists: <i>Dr. Debbie Castle, Dr. David Fletcher, Dr. Chris Frazer, Dr. Ajay Parasram, and Olasupo Fagbemiro</i>
6:00 PM – 7:30 PM	Reception Dinner & Closing (<i>McKenna Centre for Leadership</i>)

For updates and full event details, visit www.xhelpinghands.com