

STIGMA-FREE & INCLUSIVE: A PATHWAY TO QUALITY HEALTH CARE

Ottawa Workshop – December 11, 2025

Time: 8:30 AM – 4:00 PM

Location: Constitution Square – Conference Centre.

Room: Confederation A & B

340 Albert Street – second floor

Ottawa, ON, K1R 1A4

Map [here](#)

AGENDA

Workshop Speakers:

- Cheryl Pollard, MHCC
- Hannah Kohler, MHCC
- Carolina Chadwick, MHCC
- Harvey McCue, Elder
- Kamlesh Tello, MHCC
- Nitika Rewari, MHCC
- Stephanie Knaak, MHCC

Time	Session	Speaker
8:30 – 8:45 AM	Check-in & Breakfast – hot breakfast provided	
8:45 – 9:15 AM	Welcome & Opening Remarks	Kamlesh Tello & Harvey McCue
9:15 – 9:25 AM	Activity: Ice Breaker	
9:25 – 11:15 AM	Understanding Structural Stigma (includes health break)	Stephanie Knaak & Hannah Kohler
10:00 – 10:15 AM	Health Break – light refreshments provided	
11:15 AM – 12:00 PM	Quality Mental Health Care	Carolina Chadwick & Cheryl Pollard
12:00 – 1:00 PM	Lunch Break – light lunch provided	
1:00 – 1:50 PM	Measuring Structural Stigma	Stephanie Knaak & Cheryl Pollard
1:50 – 2:05 PM	Bridging Structural Stigma and Quality Improvement	Hannah Kohler & Cheryl Pollard
2:05 – 2:20 PM	Health Break – light refreshments provided	
2:20 – 3:30 PM	Activity: Develop a Quality Improvement Action Plan	
3:30 – 4:00 PM	Closing & Reflections	Kamlesh Tello