

Time	Session	Location
8:00 a.m. – 9:00 a.m.	Registration & Breakfast	Main Ballroom
9:00 a.m. – 9:30 a.m.	Welcome and Greetings	Main Ballroom
9:30 a.m. – 10:30 a.m.	The Alberta Story: Key Elements of Successful Social Prescribing Programs	Main Ballroom
10:30 a.m. – 10:45 a.m.	Coffee Break	
10:45 a.m. – 11:45 a.m.	Breakout A: Building Healthcare Partnerships for Social Prescribing	Amber A
	Breakout B: Building Connection: Community Animation and Social Prescribing in Conversation	Amber B

	Breakout C: Where Social Prescribing Fits – Perspectives from Across the Health System	Main Ballroom
11:45 a.m. – 12:45 p.m.	Lunch	
12:45 p.m. – 1:30 p.m.	Keynote – Trevor Phillips - Windtalking: The Role of Indigenous Code-Talkers in Effective Social Prescribing	Main Ballroom
1:30 p.m. – 1:45 p.m.	Coffee Break	
1:45 p.m. – 2:45 p.m.	Breakout D: Building a Community-Based Spectrum of Navigational Support for Older Adults	Amber A
	Breakout E: Building Sustainable Practice	Amber B

	and Boundaries that Support Care	
	Breakout F: Grant Writing – From Good to Great	Main Ballroom
2:45 p.m. – 3:00 p.m.	Coffee Break	
3:00 p.m. – 3:50 p.m.	Panel Discussion: Engaging Municipal Leaders – Making Social Prescribing a Local Priority	Main Ballroom
3:50 p.m. – 4:00 p.m.	Closing Remarks	Main Ballroom

Session Descriptions

9:30 a.m. – 10:30 a.m.

The Alberta Story: Key Elements of Successful Social Prescribing Programs

Alberta's social prescribing journey has highlighted several key ingredients that contribute to successful programs, from strong partnerships between health and community organizations to dedicated Link Workers, sustainable funding, and a shared commitment to person-centred care. In this panel discussion, leaders from across Alberta will reflect on the province's experience, sharing practical lessons, successes, and challenges to explore what it takes to build, grow, and sustain impactful social prescribing programs in diverse communities.

Presented by:

- Krista Mulbery, Edmonton Seniors Coordinating Council
- Dr. Jesse Christensen, Innisfail Medical Clinic
- Jane Atkins, Sundre Seniors Spruce Society
- Lisa Stewart, St. Aidan's

10:45 a.m. – 11:45 a.m.

Breakout A: Building Healthcare Partnerships for Social Prescribing

Successfully embedding social prescribing takes more than a strong idea, it depends on building meaningful relationships with physicians, clinic managers, home care managers, and other healthcare partners. In this interactive workshop, participants will first share experiences about what has worked and what hasn't in real-world partnerships, then move into identifying practical strategies to strengthen trust and engagement across healthcare

settings. Through facilitated discussion, participants will leave with focused, actionable insights they can apply in their communities.

Presented by: Sheena George, Senior Healthcare Consultant

Breakout B: Building Connection: Community Animation and Social Prescribing in Conversation

Two colleagues working at Sage Seniors Association explore how Community Animation and Social Prescribing can work together to help seniors move from crisis to connection in their communities. In this conversational panel, Jan and Mary Ann will share honest, practitioner level reflections on successes, challenges and barriers, and the potential for further cross-program collaboration.

Presented by:

- Jan Tworek, Community Animator
- Mary Ann Flett, Link Worker, Sage Seniors Association

Breakout C: Where Social Prescribing Fits – Perspectives from Across the Health System

As social prescribing continues to expand across Alberta, understanding its role within the broader health and community care landscape is critical to building strong partnerships and integrated models of care. This panel discussion will bring together perspectives from across the health system to explore how social prescribing complements clinical care, strengthens connections between health and community services, and supports better outcomes for older adults. Panelists will share their experiences, discuss opportunities and challenges for collaboration, and reflect on what is needed to continue embedding social prescribing into a more integrated system of care.

Presented by:

- Anne Summach, NP
- Shelly Franklin
- Breanne Cunningham

Moderated by:

- Jackie Northey

12:45 p.m. – 1:45 p.m.

Keynote: Trevor Philips – Windtalking: The Role of Indigenous Code-Talkers in Effective Social Prescribing

Windtalking: The Role of Indigenous Code-Talkers in Effective Social Prescribing — Touching on experiences in youth work, student service, Elder support and health care, this presentation will focus on the communicative power of code-switching and how interpreting that which is both spoken and unspoken, culturally and cosmologically, leads to higher levels of self-determination and culturally informed care.

1:45 p.m. – 2:45 p.m.

Breakout D: Building a Community-Based Spectrum of Navigational Support for Older Adults

Healthy Aging Alberta and its community partners have developed a community-based framework for navigational supports that helps older adults access the right support at the right time while promoting aging in place and stronger system coordination. This session will introduce a four-tier continuum of navigation—from way-finding and supported community connections to community-based and intensive case management—and explore the person-centred, relationship-based, equitable, and culturally safe principles that underpin the model.

Participants will learn how coordinated referral pathways, standardized assessment, community partnerships, and integrated workforce roles can create a more responsive and sustainable system that improves access to services, strengthens community capacity, and reduces reliance on crisis and institutional care.

Presented by: Nancy Zuck

Breakout E: Building Sustainable Practice and Boundaries that Support Care

Whether you are a social worker, healthcare provider, community connector, volunteer, or anyone supporting older adults, caring for others can only be sustained when we also care for ourselves.

Join **Matthew Wengrowich, MSW, RSW** for a practical and thought-provoking session on creating healthy boundaries, preventing burnout, and fostering sustainable helping relationships. Through a strengths-based lens, Matthew will explore how we can support older adults in reaching their goals while protecting our own well-being and capacity to care.

Matthew has taught in the Bow Valley College Social Work Department for more than nine years and brings a wealth of experience as an educator committed to anti-oppressive practice, decolonization, kindness, and social justice.

Presented by: Matthew Wengrowich

Breakout F: Grant Writing – From Good to Great

Unlock the potential of your organization's story. In this engaging session, we move beyond the obvious mechanics of grant writing to explore the art and science of successful funding applications. Designed for organizations of all sizes, this workshop provides practical tools to shift your focus from "chasing dollars" to articulating a clear mission. Join us for a hands-on experience where you will practice effectively sharing your unique community impact and enabling your team to compete with confidence.

Presented by: Rolando Inunza

3:00 p.m. – 3:50 p.m.

Panel Discussion: Engaging Municipal Leaders – Making Social Prescribing a Local Priority

Municipal governments play an important role in creating the conditions for successful social prescribing by strengthening community connections, supporting local partnerships, and aligning services with community priorities. This panel brings together elected officials and municipal staff to discuss how municipalities can champion social prescribing, build cross-sector collaboration, and integrate community wellbeing into local decision-making. Panelists will share practical insights from Alberta communities on what it takes to make social prescribing a recognized and supported local priority.

Panel Presentation by:

- Mayor Jean Barclay, Innisfail
- Councillor Kayla Blanchette, Bonnyville
- Sarah Travnicek, Network Coordinator, Strathmore