

# CONNECT 2023

October 13-15, 2023

Friday Evening - October 13		
4:00 PM—7:30 PM	Arrival/Registration	South Lobby Foyer
7:30 PM—8:30 PM	Opening Ceremony	Plaza AB
8:30 PM—11:00 PM	Ranger Lounge	Montreal AB
8:30 PM—12:00 AM	CONNECT Lounge	Plaza AB

Saturday - October 14		
6:30 AM—7:30 AM	Early Morning Bridging	Plaza AB
7:30 AM—8:30 AM	Breakfast	Plaza AB
8:30 AM—9:45 AM	Keynote Address - Kate Davis	Plaza AB
10 AM—11:30 AM	Session #1 - Identifying and Coping with Youth and Leader Anxiety in Guiding	Toronto A
	Session #2 - DEI, Belonging and Mental Wellness	Toronto B
	Session #3 - Understanding Our Connections	Montreal A
	Session #4 - Fitness and Nutrition in a Busy Life	Montreal B
	Session #5 - Guided Meditation and Yoga	Ottawa
	Session #6 - Avoiding Burnout	Plaza C
11:30 AM—1:30 PM	Guiding Carousel & Marketplace	Plaza ABC Foyer
12:00 PM—1:15 PM	Lunch	Plaza AB
1:30 PM - 3:00PM	Session #1 - Identifying and Coping with Youth and Leader Anxiety in Guiding	Toronto A
	Session #2 - DEI, Belonging and Mental Wellness	Toronto B
	Session #3 - Understanding Our Connections	Montreal A
	Session #4 - Fitness and Nutrition in a Busy Life	Montreal B
	Session #5 - Guided Meditation and Yoga	Ottawa
	Session #6 - Avoiding Burnout	Plaza C
3:00 PM-3:30 PM	Coffee Break	Plaza AB
3:30 PM - 5:00 PM	Session #1 - Identifying and Coping with Youth and Leader Anxiety in Guiding	Toronto A
	Session #2 - DEI, Belonging and Mental Wellness	Toronto B
	Session #3 - Understanding Our Connections	Montreal A
	Session #4 - Fitness and Nutrition in a Busy Life	Montreal B
	Session #5 - Guided Meditation and Yoga	Ottawa
	Session #6 - Avoiding Burnout	Plaza C
5:00 PM—6:15 PM	Guiding Carousel & Marketplace	Plaza ABC Foyer
5:00 PM—6:00 PM	Ranger swim	Pool
6:15 PM—7:30 PM	Dinner and Provincial Commissioner Address	Plaza AB
8:00 PM—9:00 PM	Indoor Campfire	Plaza AB
9:15 PM-11:00 PM	Ranger Lounge	Montreal AB
9:00 PM—12:00 AM	CONNECT Lounge	Plaza AB

**Sunday - October 15**

6:30 AM—7:30 AM	Early Morning Bridging	Plaza AB
7:30 AM—8:30 AM	Breakfast	Plaza AB
9:00 AM-11:00 AM	Ranger Session	Toronto AB
9:00 AM—10:00 AM	Unit Guiders—Connect with Council	Plaza AB
10:15 AM—11:15 AM	Unit Guiders—Connect with Youth	Plaza AB
11:30 AM—12:00 PM	Closing Ceremony	Plaza AB
12:00 PM—1:00 PM	Grab and Go Lunch	Plaza AB