



# PARG EVENT

**When**  
Thursday,  
**November 28, 2019**  
8h30-12h00

**Where**  
Woodside Hall  
**Carleton Dominion-Chalmers Centre**  
355 Cooper Street, Ottawa, Ontario  
(corner of O'Connor and Cooper Streets)

Light breakfast  
and nutrition  
break will be  
served

## Mental Health and the Accounting Profession

*Accountants' Mental Health Strategies for Ourselves and Our Colleagues  
Best Practices for Organizations*

What would you do if you couldn't face going to work in the morning? What can you do to help a colleague who is experiencing a difficult time? How can your organization foster a healthy and supportive workplace?

We are hearing a lot about mental health in the media recently and more and more organizations are investing in initiatives to assist employees in optimizing their mental health. However, stigma still accompanies many mental health conditions. In turn, stigma discourages many people from disclosing their challenges, especially at work.

This session focuses on mental health in the accounting profession and seeks to foster a greater understanding of mental health among accountants, and to share strategies to support ourselves, our colleagues, and our clients, particularly in the workplace.

- 8:30 a.m. Gather. Light breakfast available
- 9:00 a.m. Welcome – **Dana Brown**, PhD, Dean, Sprott School of Business, Carleton University
- 9:10 a.m. Introductions and Introductory Remarks – **Merridee Bujaki**, PhD, FCPA, FCA, Professor of Accounting, Sprott School of Business, Carleton University
- 9:30 a.m. **Denis Trottier**, FCPA, FCA, Chief Mental Health Officer, KPMG
- 10:00 a.m. **Tim Simboli**, PhD, Executive Director, Canadian Mental Health Association Ottawa
- 10:30 a.m. Mental health and nutrition break
- 10:45 a.m. **Caroline Workman**, BSc., Certified Return to Work Coordinator (CRTWC), Organizational Health Consultant, Great-West Life
- 11:15 a.m. Opportunity for questions
- 11:45 a.m. Closing Remarks – **Merridee Bujaki**

Register at <https://sprott.carleton.ca/cu-events/mental-health-in-accounting-profession/>  
Questions? Contact Professor Merridee Bujaki, PhD, FCPA, FCA [merridee.bujaki@carleton.ca](mailto:merridee.bujaki@carleton.ca)  
Event funded by CPA Ontario

<http://sprott.carleton.ca/parg/>



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