

Unlocking the food allergy future

Teen conference agenda

Saturday May 10, 2025 • Glendon College, 2275 Bayview Avenue, Toronto, Ontario

7:45 am	Registration opens
8:30 am	Welcome and kick-off: Introductions and overview + fun icebreakers to get to know one another
Morning	Break time
	Educating others - Share and learn how to educate friends and others about food allergies
	Navigating dating and socializing with food allergy - Tips, stories, and strategies for social situations
Afternoon	Lunch
	Managing anxiety and handling social exclusion - Learn ways to cope with stress and feel confident in social settings with Samara Carroll, a registered social worker and food allergy counsellor
	Finding your voice - Learn to speak up about your food allergy and stand strong with acting coaches Karrie & Will. Teens will work together through improv to shed self-consciousness, get comfortable in their bodies, and learn the power of their voice when self-advocating.
	Break time
	Games, activities and memories to take home
	The power of your voice in unlocking the food allergy future: Become an advocacy ambassador <i>*Join the main conference session</i>
6:00 pm	Conference ends