

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
	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