



Project Title

Win With Wellness Presentation Series: Program Evaluation

Project Summary

The Presentation Series is an interactive presentation designed for grades five to nine students. Topics of the series include understanding mental wellness, tips for managing anxiety and stress, supportive and healthy relationships, and various support and tools available for youth in Saskatchewan.

The CTRC has been hired to research and evaluate the effectiveness of the Win with Wellness Player Presentations in schools.

Project Roles

Dr. Lise Milne - Co-Principal Investigator

Dr. Nathalie Reid - Co-Principal Investigator

Linzi Stoddard - Research Assistant

Project Partners

Saskatchewan Roughrider Foundation

Project Funding

Saskatchewan Roughrider Foundation