

alPHa 2026 Winter Symposium and Workshops: Pre-Symposium Lineup - Back by Popular Demand!



Sabine Matheson

Sleepless in Ontario - StrategyCorp Weds., Feb. 11 - 12 p.m. to 1:30 p.m.

With 2026 municipal elections ahead, the political environment for public health is can change quickly. Get a forward look at the policy climate and the key issues affecting agencies and boards of health—so you can prepare with confidence.



Dr. Alexander Caudarella

Actioning Community Data Across Sectors Canadian Centre on Substance Use and Addiction (CCSA) Weds., Feb. 11 - 2 p.m. to 4 p.m.

Learn how CCSA is working with communities and is shaping the response to substance use and addiction. This session features insights from the Canadian Community Epidemiology Network on Drug Use, along with work with First Nations, Inuit and Métis partners, and innovative approaches to local data and action.



Claudia Valle

The Secret to Sustainability - Leaders for Leaders Thurs. Feb. 12 - 2 p.m. to 4 p.m.

Sustainability isn't about doing less – it's about choosing what matters over time. Leave with practical strategies to protect your energy, set boundaries, and sustain your impact without burnout. Participants will learn how to rethink balance and self-care as practical and achievable.



You must be an alPHa Member to register. You will be automatically registered for the Pre-Symposium workshops when you register for the Winter Symposium.

This event is co-hosted by alPHa and Waterloo Public Health



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