NOVEMBER 2–6, 2026 · VIRTUAL CONFERENCE / CONFÉRENCE VIRTUELLE

Putting the Pieces Together

Complete Canadian local-time schedule / Horaire complet selon l'heure locale

All 17 sessions, with the correct start and end times for Canadian regions. Session titles and presenter names are based on the published Zoom event agenda.

IMPORTANT: Use the times on this page to join your sessions.

Because of Canada's November 1 time-zone changes, Zoom and calendar apps may display an incorrect time. The **official Eastern Standard Time (EST)** for every session is shown below, alongside the correct local times. For example: **1:00 PM EST = 11:00 AM in Vancouver = 12:00 PM in Calgary = 1:00 PM in Winnipeg.**

IMPORTANT : Consultez les heures indiquées sur cette page. Zoom et certaines applications de calendrier pourraient afficher une heure incorrecte. Toutes les heures officielles de l'Est (HNE) et leurs équivalents locaux sont indiqués ci-dessous.

Monday, November 2 / Lundi 2 novembre

4 sessions / séances



Conference opening and welcome | Ouverture de la conférence et mot de bienvenue

OFFICIAL TIME · HEURE OFFICIELLE **1:00–1:30 PM EST / HNE**

PW Patti Williams · TL Therese Lane · MH Maria Hudspith +1 more

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
11:00–11:30 AM	12:00–12:30 PM	1:00–1:30 PM	2:00–2:30 PM	2:30–3:00 PM



The waiting room - An interactive skit | La salle d'attente - Un sketch interactif

OFFICIAL TIME · HEURE OFFICIELLE **1:30–2:30 PM EST / HNE**

CP Codie Primeau · TL Therese Lane · PK Prachi Khanna

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
11:30 AM–12:30 PM	12:30–1:30 PM	1:30–2:30 PM	2:30–3:30 PM	3:00–4:00 PM



Inner wellbeing series | Série bien-être intérieur

OFFICIAL TIME · HEURE OFFICIELLE **2:45–3:15 PM EST / HNE**

KC Kendra Coupland

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
12:45–1:15 PM	1:45–2:15 PM	2:45–3:15 PM	3:45–4:15 PM	4:15–4:45 PM



Creating a proactive pain flare plan | Élaborer un plan proactif

OFFICIAL TIME · HEURE OFFICIELLE **3:30–4:30 PM EST / HNE**

DL Delane Linkiewich HM Haley Matthews AH Alex Haagaard

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
1:30–2:30 PM	2:30–3:30 PM	3:30–4:30 PM	4:30–5:30 PM	5:00–6:00 PM

Tuesday, November 3 / Mardi 3 novembre

3 sessions / séances



Closing Gaps in Pediatric Chronic Pain Care: Perspectives from Lived Experience and Research

OFFICIAL TIME · HEURE OFFICIELLE **1:00–2:00 PM EST / HNE**

AC Amelia Campbell LS Lauryn Seguin KB Katie Birnie +1 more

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
11:00 AM–12:00 PM	12:00–1:00 PM	1:00–2:00 PM	2:00–3:00 PM	2:30–3:30 PM



Inner wellbeing series | Série bien-être intérieur

OFFICIAL TIME · HEURE OFFICIELLE **2:15–2:45 PM EST / HNE**

KC Kendra Coupland

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
12:15–12:45 PM	1:15–1:45 PM	2:15–2:45 PM	3:15–3:45 PM	3:45–4:15 PM



Relationality as method, relationality as life | La relationnalité comme méthode, la relationnalité comme mode de vie

OFFICIAL TIME · HEURE OFFICIELLE **3:00–4:00 PM EST / HNE**

VA Dr. Vanessa Ambtman-Smith HB Hannah Burgé Luviano, PhD DW Desmond Williams

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
1:00–2:00 PM	2:00–3:00 PM	3:00–4:00 PM	4:00–5:00 PM	4:30–5:30 PM

Wednesday, November 4 / Mercredi 4 novembre

3 sessions / séances



Living at the intersection of pain and mental health | Vivre à la croisée de la douleur et de la santé mentale

OFFICIAL TIME · HEURE OFFICIELLE **1:00–2:00 PM EST / HNE**

TL Therese Lane · AC Amelia Campbell · DL Delane Linkiewich

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
11:00 AM–12:00 PM	12:00–1:00 PM	1:00–2:00 PM	2:00–3:00 PM	2:30–3:30 PM



Coping & Creating: Grief, Identity, and Chronic Pain - Part 1

OFFICIAL TIME · HEURE OFFICIELLE **2:15–2:45 PM EST / HNE**

ZL Dr. Zoe Leyland (they/she)

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
12:15–12:45 PM	1:15–1:45 PM	2:15–2:45 PM	3:15–3:45 PM	3:45–4:15 PM



Peer support groups | Groupes de soutien par les pairs

OFFICIAL TIME · HEURE OFFICIELLE **3:00–4:00 PM EST / HNE**

VM Virginia McIntyre · HC Heather Carver · AW Alice Wagenaar-Tison +6 more

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
1:00–2:00 PM	2:00–3:00 PM	3:00–4:00 PM	4:00–5:00 PM	4:30–5:30 PM

Thursday, November 5 / Jeudi 5 novembre

3 sessions / séances



Peer Support Groups | Groupes de soutien par les pairs

OFFICIAL TIME · HEURE OFFICIELLE **1:00–2:00 PM EST / HNE**

AN Alvine Nkamtchoum · HC Heather Carver · M Maripier +6 more

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
11:00 AM–12:00 PM	12:00–1:00 PM	1:00–2:00 PM	2:00–3:00 PM	2:30–3:30 PM



Coping & Creating: Grief, Identity, and Chronic Pain - Part 2

OFFICIAL TIME · HEURE OFFICIELLE **2:15–2:45 PM EST / HNE**

ZL Dr. Zoe Leyland (they/she)

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
12:15–12:45 PM	1:15–1:45 PM	2:15–2:45 PM	3:15–3:45 PM	3:45–4:15 PM



The forgotten trades workers | Les travailleurs de métier oubliés

OFFICIAL TIME · HEURE OFFICIELLE **3:00–4:00 PM EST / HNE**

DW Desmond Williams JB James Boseley

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
1:00–2:00 PM	2:00–3:00 PM	3:00–4:00 PM	4:00–5:00 PM	4:30–5:30 PM

Friday, November 6 / Vendredi 6 novembre

4 sessions / séances



The future of pain care in an AI-enabled health system | L'avenir des soins de la douleur dans un système de santé basé sur l'IA

OFFICIAL TIME · HEURE OFFICIELLE **1:00–2:00 PM EST / HNE**

CA Cristyana Aloysious HM Haley Matthews TJ Tahir Janmohamed

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
11:00 AM–12:00 PM	12:00–1:00 PM	1:00–2:00 PM	2:00–3:00 PM	2:30–3:30 PM



Inner wellbeing series | Série bien-être intérieur

OFFICIAL TIME · HEURE OFFICIELLE **2:15–2:45 PM EST / HNE**

KC Kendra Coupland

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
12:15–12:45 PM	1:15–1:45 PM	2:15–2:45 PM	3:15–3:45 PM	3:45–4:15 PM



Creating a responsive pain flare plan | Élaborer un plan d'urgence

OFFICIAL TIME · HEURE OFFICIELLE **3:00–4:00 PM EST / HNE**

DL Delane Linkiewich HM Haley Matthews AH Alex Haagaard

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
1:00–2:00 PM	2:00–3:00 PM	3:00–4:00 PM	4:00–5:00 PM	4:30–5:30 PM



Closing ceremony | Cérémonie de clôture

OFFICIAL TIME · HEURE OFFICIELLE **4:00–4:15 PM EST / HNE**

PW Patti Williams AC Amelia Campbell

LOCAL TIMES / HEURES LOCALES

BC (most) · Yukon	Alberta · Saskatchewan · NWT · SE BC	Manitoba · Ontario · Quebec (most)	Atlantic · Labrador (most) · east Quebec	Newfoundland Island · SE Labrador
2:00–2:15 PM	3:00–3:15 PM	4:00–4:15 PM	5:00–5:15 PM	5:30–5:45 PM

Regional time-zone exceptions / Exceptions régionales

British Columbia: Most communities use the BC/Yukon column. Golden and parts of the East Kootenays that follow Alberta Time use the Alberta/Saskatchewan/NWT column. Some northeastern BC communities also align with the BC/Yukon column.

Nunavut: Local time varies by community. Cambridge Bay (west) uses the BC/Yukon column, Rankin Inlet (central) uses the Alberta/Saskatchewan/NWT column and Iqaluit (east) uses the Manitoba/Ontario/Quebec column.

Quebec and Labrador: Most Quebec communities use the Manitoba/Ontario/Quebec column, while the Lower North Shore uses Atlantic time. Most Labrador communities use Atlantic time. Southeastern Labrador communities observing Newfoundland time use the Newfoundland column.

Précisions : Dans certaines régions de la Colombie-Britannique, du Nunavut, du Québec et du Labrador, l'heure locale diffère de celle de la majorité de la province ou du territoire. Choisissez la colonne correspondant à votre communauté.

All sessions are online. Use your original Zoom registration confirmation to access them. If you are unsure of your joining time, refer to this schedule instead of a conflicting Zoom display. Conference and registration page.