



## Message from the Mayor

It is my pleasure to extend greetings and a warm welcome to everyone participating in Canada Virtual Event on May 20-21, 2021.

This year's theme, Positive Education, Healthy Lifestyle, Mental Health, Wellness & Human Resilience will create a unique virtual platform where scientists, social workers, industrialists and parents will connect, communicate and understand the core value of applications of positive psychology.

Now more than ever people are experiencing greater levels of social isolation, anxiety and stress because of COVID-19. Positive Mental Health mindsets help individuals navigate these difficult times and improve individual mental health and wellbeing. I am pleased that this conference will facilitate open discussions about these very important issues.

The City of Toronto is proud of organizations and individuals that are committed to making a difference, and recognizes their contributions to the economic and social well-being of our communities.

On behalf of Toronto City Council, please accept my best wishes for an informative conference and continued success.

Yours truly,

John Tory

Mayor of Toronto