

Artwork by: Angela Aujla

# Resilience, Mattering & Belonging:

## Interdisciplinary Approaches to Mental Health and Well-Being

HUMBER@TIFA'S 10TH ANNUAL  
INTERDISCIPLINARY ACADEMIC CONFERENCE

September 27-28, 2024  
Harbourfront Centre, Toronto

### Keynote

In 2023, hosts of **The Uncover Up** and My Nuclear Life podcasts conducted a thought experiment. What if a nuclear war broke out? Would emotional management techniques be effective? What would it be like to survive the first wave of destruction? To answer these questions, they filmed a documentary in the "Diefenbunker" outside of Ottawa.

Humber@TIFA is honoured to premiere its screening, followed by a talk and Q&A.



For more information:  
<https://humber.ca/tifa/>

Scan the QR code!

