

CANADIAN HERB CONFERENCE



Schedule



Diverse Minds, Common Ground

ONLINE CONFERENCE • NOVEMBER 13-16, 2025

herbconference.com

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herbconference.com/login

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Use the Chrome Browser to view the Conference.

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CANADIAN HERB CONFERENCE



NEED MORE SUPPORT?

If you need more technical support, email us at herbconference@gmail.com

We will do our best to get to your request within 15 minutes.

Thursday | *Day One*

November 13th

All times are in Pacific Standard Time

3:00 pm - 3:15 pm
Channel 1

Welcome

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

3:15 pm - 6:00 pm
Channel 1

Presenter Introductions

All Presenters

6:00 pm - 6:15 pm
Channel 1

Introduction

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

6:10 pm - 7:40 pm
Channel 1

Keynote Presentation

Dr. Terry Willard & Yarrow Willard



Friday | *Day Two*

November 14th

All times are in Pacific Standard Time

8:10 am - 8:30 am

Walking Meditation

Angela Bewick

Download & take outside (<https://herbconference.com/mindful-walking/>)

8:30 am - 9:00 am
Channel 1

**Morning Circle & Announcements
& Social Media Prize Drawing**

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

9:15 am - 10:30 am
Channel 1

**Inclusive Teaching: Supporting Neurodiverse
Learners in Herbal and Wellness Education**

Denise Cusack

9:15 am - 10:30 am
Channel 2

**Balancing Body, Mind and Spirit Holistic
Strategies for Depression**

Megan Kendrick

9:30 am - 10:00 am
Channel 3

Blue Forest Shores

Savaya Jarone

10:00 am - 10:30 am
Channel 3

Soothing Herbs Across Neurotypes

Nada Beydoun

10:30 am - 11:00 am
Channel 3

Case Review: Concussion

Tatum Andrews

10:45 am - 12:00 pm
Channel 1

**Nuturing Plant Connection in Clinical
Practice, Herbal Education, and Life**

Oren Hercz

10:45 am - 12:00 pm
Channel 2

**Longevity: a comprehensive guide to
extending healthspan**

Dr. Terry Willard

11:00 am - 11:30 pm
Channel 3

Mutual Aid Herbalism in A World on Fire

Ember Peters



11:30 pm - 12:00 pm
Channel 3

An Introduction to Gemmotherapy

Victor Cirone

12:00 pm - 12:45 pm

Lunch

12:00 - 12:45 pm
Zoom

Herbal Networking - Carving your Plant Path: Navigating your Journey post herbal-training

Dr. Marisa Marciano

[Click to Connect to Zoom Room](#)

12:15 pm - 12:45 pm
Channel 3

Root Into Your Plant Path

Holly Phillips

12:45 pm - 2:00 pm
Channel 1

Panel: Creating Accessibility for Neurodivergent Clients, Students, and Ourselves

Jim McDonald, Dr. Kenneth Proefrock, Denise Cusak, Ember Peters, Colleen Emery

2:15 pm - 3:30 pm
Channel 1

The Faces of Our Ancestors - A Relational and Integrated Approach to Psychiatric Illness, Intergenerational Trauma, and Plant Medicine

Chantal Gagne

2:15 pm - 3:30 pm
Channel 2

From Burnout to Balance: Chinese Herbal Medicine for Overwhelmed Mother

Dr. Brittany Wickert

2:30 pm - 3:00 pm
Channel 3

Interview with an Elder

Katolen Yardley & Chanchal Cabrera

3:00 pm - 3:30 pm
Channel 3

45 Year Story of Herbal Regeneration: Exploring the Living Centre

Shantree Kacera

3:30 pm - 4:00 pm
Channel 3

Soothing Herbs to Heal the Gut

Maria Noel Groves

3:45 pm - 5:00 pm
Channel 1

Unspoken Minds: Emotional Suppression, Dementia, and the Botanical Path to Release

Cara Gwizd

Friday | *Day Two*



November 14th

3:45 pm - 5:00 pm
Channel 2

**Exploring Mucuna Pruriens as a
Neurotransmitter Precursor**

Hannah Forest

4:00 pm - 4:30 pm
Channel 3

Herbal First Aid for Anxiety Relief

Suzanne M. Tabert

4:30 pm - 5:00 pm
Channel 3

What Really Makes You Ill

Aron McNicolas

5:00 pm - 5:15 pm
Channel 1

Pre-Dinner Remarks

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

5:15 pm - 6:00 pm

Dinner

5:30 pm - 6:00 pm
Channel 1

Moon Salutations

Angela Bewick

6:00 pm - 7:30 pm
Channel 1

Panel - Mental Health in a Modern World

Sheena Bradley, Marie Zak, Yarrow Willard,
Alina Baker, Teemu Arina.

7:35 pm - 8:00 pm
Channel 1

Prometheus and his gift of Fire

Steve Taylor

Saturday | *Day Three*

November 15th

All times are in Pacific Standard Time

8:30 am - 9:00 am
Channel 2

Qi Gong

Tristan Ford

9:00 am - 9:10 am
Channel 1

Welcome & Social Media Prize Drawing

Colleen Emery, Yarrow Willard,
Chanchal Cabrera



9:15 am - 10:30 am
Channel 1

**Neurodiverse Minds, Herbal Insight, Botanical
Pathways to Supporting Cognitive Diversity, Emotional
Resilience and Mental Clarity**

Shantree Kacera

9:15 am - 10:30 am
Channel 2

**Energetics of Emotional Imbalances And
Nervine Differentiation**

Ember Peters

9:15 am - 9:45 am
Channel 3

**Minerals for the Nervous System: Making
Wild Herbal Vinegar Extracts**

Tamara Segal

9:45 am - 10:15 am
Channel 3

**Bear Roots Forest: Healing the Land,
Healing the Heart**

Tatum Andrews

10:15 am - 10:45 am
Channel 3

Chamomile: Everybody's Nervine

Oren Hercz

10:45 am - 12:00 pm
Channel 1

Iatrogenic Akathisia Case Review

Chanchal Cabrera

10:45 am - 12:00 pm
Channel 2

**Herbs, Food, and Food: Strategies for Bipolar
Disorder, OCD and Brain Health**

Nada Beydoun

10:45 am - 11:15 am
Channel 3

Sweet, sweet, sweet Meadowsweet

Sarah Orłowski

11:15 am - 11:45 am
Channel 3

Unlocking the Neuroimmune Mind

Cara Gwizd

11:45 am - 12:15 pm
Channel 3

**The Overwhelmed Mother's Apothecary:
3 Herbs That Change Everything**

Dr. Brittany Wickert

12:00 pm - 12:45 pm

Lunch



12:00 pm - 12:45 pm Zoom	Herbal Networking - Creating herbal business success with a neurodivergent mind	Malcolm Saunders & Yarrow Willard Click to Connect to Zoom Room
12:10 pm - 12:40 pm Channel 3	Sound Bath	Ocian Ward
12:45 pm - 2:00 pm Channel 1	Panel - Legal & Political Update on Herbal Medicine in Canada	Sonia Parmer, Shawn Brayshaw, Marie Provost, Chanchal Cabrera
2:15 pm - 3:30 pm Channel 1	Your Holistic Toolkit for a Fired-Up Nervous System	Suzanne M. Tabert
2:15 pm - 3:30 pm Channel 2	Milky Oats Unrivaled	Dane & Storii Wild
2:30 pm - 3:00 pm Channel 3	Formulating a Nourishing Nervine Herbal Infusion	Megan Kendrick
3:00 pm - 3:30 pm Channel 3	Brain Buddy for Growing Minds: An Herbal Approach to Pediatric Neurodiversity	Jennifer Williams
3:30 pm - 4:00 pm Channel 3	Gentle Medicine for Chronic Pain	Kaitlyn Beugh
3:45 pm - 5:00 pm Channel 1	Living Your Best Life: Holistic Options for Parkinson's	Charis Lindrooth
3:45 pm - 5:00 pm Channel 2	Agaricus Muscarius and Hyperactivity	Victor Cirone
4:00 pm - 4:30 pm Channel 3	Herbal Care of Neurodiversity during Pregnancy & Lactation	Stefanie Henderlin

Saturday | *Day Three*



November 15th

4:30 pm - 5:00 pm
Channel 3

Flower Essences for Harmonising the Mind

Hannah Forest

5:00 pm - 5:15 pm
Channel 1

Pre-Dinner Remarks

Colleen Emery, Yarrow Willard,
Chanchal Cabrera

5:15 pm - 6:00 pm

Dinner

5:30 pm - 6:00 pm
Channel 3

Relax and Restore - Evening Meditation

Christina Benoit

6:00 pm - 7:30 pm
Channel 1

Panel - Diverse Roots: Why Human and Ecological Diversity Matters

Paul Wartman, Safiya Labelle, Yarrow Willard, Kyle Pittman

7:35 pm 8:00 pm
Channel 1

Music

Safiya Labelle

Sunday | *Day Four*

November 16th

All times are in Pacific Standard Time

7:30 am - 7:50 am
Channel 2

Connection Meditation

Shoshannah Busch

8:00 am - 8:50 am
Channel 1

Welcome & Panel - Provincial Updates

Heather Fairfield, Lianna Vargis,
Alyssa Boulanger, Geneviève Côté, Tatum
Andrews, Colleen Emery,

8:50 am - 11:00 am
Channel 1

Panel - International Panel

Alex Laird, Hannah Boyd, Vilma Matuleviciute,
Phil Rasmussen, Dr. Rosarie Kingston, Dr. Craig
Wright, Chanchal Cabrera

11:00 am - 11:10 am
Channel 1

Global Alliance for Integrative Health & Medicine (GAIHM)

Roy Upton



Sunday | *Day Four*

November 16th

11:15 am - 12:30 pm
Channel 1

Transen-domestication

Yarrow Willard

11:15 am - 12:30 pm
Channel 2

**ADHD & Herbal Support, Exploring
Nature's Role in Neurodiverse Minds**

Seed Sistas

11:15 am - 11:45 am
Channel 3

**Herb Harvesting and Drying on a Micro
Scale: A Drying Room Tour**

Gabrielle Arkett

11:45 am - 12:15 pm
Channel 3

Stimulating Healthy Digestion with Herbs

Maria Noel Groves

11:45 am - 12:45 pm
Channel 3

**Nature Immersion Programs,
Neurodivergent Child**

Dane & Storii Wild

12:30 pm - 1:30 pm

Lunch

1:00 pm - 1:30 pm
Channel 3

Green Breath Meditation

Seraphina Capranos

1:30 pm - 2:45 pm
Channel 1

**Improving Neuroplasticity after
Neurological Injury**

Dr Kenneth Proefrock

1:30 pm - 2:45 pm
Channel 2

**Balanced Humours, Strong Spirits and Mental health;
the holistic vision of traditional Western Medicine**

Stephen Taylor

1:45 pm - 2:15 pm
Channel 3

Floreren Farm's Herb Gardens

Ilana Vanderweit

2:15 pm - 2:45 pm
Channel 3

**What Your Labs Are Telling You: Under-
standing the Pros and Cons of Modern
Assessment**

Aron McNicholas



3:00 pm - 4:15 pm Channel 1	Common Ground: Herbalists, Local Farms, and the Living Medicine of Place	Nikola Barsoum
3:00 pm - 4:15 pm Channel 2	Neurodiverse Clients in Herbal and Aromatherapy Practice: Inclusion and Access	Denise Cusack
2:45 pm - 3:30 pm Channel 3	The Mints & Nerves	Tamara Segal
3:30 pm - 4:00 pm Channel 3	Qi Gong	Tristan Ford
4:15 pm - 4:30 pm Channel 1	Closing Remarks & Crowning the Ultimate Herb Nerd	Colleen Emery, Yarrow Willard, Chanchal Cabrera

Enter to Win

Daily Social Media Contest

Enter to win a 2025 Resilience Pass! We'll be drawing one winner each day

Thursday - Day One Nov. 13th	What parts of the nervous system or neurodiversity are you most interested in learning about?
Friday - Day Two Nov. 14th	Share with us your strategies for dealing with the Winter Blues
Saturday - Day Three Nov. 15th	Share the plants you can see in your backyard or share with us your herbal ally of the day? What herb is walking with you through the Herb Conference?
Sunday - Day Four Nov. 16th	Shout out on social media what you've enjoyed about the Herb Conference or learned.

Take Our Herb Nerd Quiz:

herbconference.com/herbnerdquiz/
Closes Sunday Nov. 17 at Noon PST

Ready to be crowned the Ultimate Herb Nerd? Take Our Herb Nerd Quiz - 20 questions to challenge your herbal knowledge.

The winner will receive a 2026 Conference Pass.
Winner announced at the Closing Circle.

Entries close on Sunday Nov 17 at noon PST.



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