

OUR VOICE NOTRE VOIX



VIEWPOINTS OF THE PSYCHIATRIZED SINCE 1987 / POINTS DE VUE DES PSYCHIATRISÉS DEPUIS 1987

AN OUR VOICE SPECIAL EVENT



ROOTED
TOGETHER
with
Stu Murray
and Guests

Saturday November 7, 2026 at 9:30 AM
Rotary Lodge at Centennial Park in Moncton, NB

WHY THIS SPECIAL EVENT?

When OUR VOICE hosted its 2015 International Symposium on Alternative Mental Health Knowledge in Moncton, our platform entailed a critique of our current mental health system along with providing a new reference whereby emphasis would make shine community capacity. We also embraced, at the time, the usage of language that is less scaring and stigmatizing to people. Our intention was to deconstruct the leading narrative from our formal system that it owns the monopoly in making us better people. In our edition reporting this symposium, we wrote:

And despite all of this “enlightened knowledge”, we are more psychiatrized than ever before! From childhood to our senior years, many will experience the mental health (psychiatric) system with all its twists and turns. Where the creed for mental illness in community was once “1 in 10” - then “1 in 5” - and now “1 in 3”; we are fast approaching the era where everyone should be subjugated to a “mental health treatment”. While we preach “prevention and education”, we have more “mental illness” on the books resulting in an inconsistency in desired outcomes.

Almost a decade later, our forecast has been proven accurate. Witnessing a raging homelessness crisis; exponential rise in mental disorders and suicides within our midst: all of these mirror the fact that our human *internal operating system* is more precarious than ever before. Conflict with others and conflict within our own minds and hearts bring much chaos, tension and depression. Even our society is in a constant state of alert and mistrust!

A healthier *prescription* is called for – a framework where personal and collective accountability as well as a vow to better our human nature needs to be in the forefront of any possibility of healing and recuperation. With such optics, the time is ripe to offer the opportunity to face ourselves as we are, and to aim in becoming rooted together.

With Stu Murray and his guests, we hope that knowledge will be imparted in helping you to navigate our social dilemma – a transformation which aims towards an improved inner and collective mental health.

As philosopher and author Goethe said, “Knowing is not enough; we must apply. Willing is not enough; we must do.” Such will be the tenets of excellence on **Saturday November 7, 2026!**

Information on how to register can be found on the back cover. Come and feel the difference! 📍

Eugène LeBlanc

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PLEASE NOTE: This day will be conducted in **English ONLY**. We hope to have this held in **French** in the near future. *Notez que cette journée se déroulera **UNIQUEMENT en anglais** et que nous prévoyons avoir une **représentation en français** dans un avenir rapproché.*

Rooted Together: On Becoming Better Humans

I spent eight years working in public education. I coached sports. I worked with at-risk youth. I poured myself into innovating how we reach young people. And for a long time, I believed that working hard and showing up with good intentions would be enough. The truth is, I was running on empty. I was giving from a place that had not been tended to, and it cost me in my health, in my relationships, and in the quiet way a person starts to feel disconnected from their own life.

I don't think my story is unusual. Look around, and you'll see it everywhere. People stretched thin, running on stress and obligation, wondering why they feel so far from the people closest to them. Rates of anxiety, depression, and suicide continue to climb. Loneliness has become a public health concern. Relationships are strained. Communities feel fragmented. And underneath it all, there's a quiet epidemic of people who have lost the sense that they have any real agency over their own well-being.

We've been taught to look outward for solutions, to wait for the right program or policy or professional to come along and fix what feels broken. And while those things matter, something essential gets lost when we stop believing that *we* are part of the answer. Our own growth matters. The quality of our relationships is the very foundation of a healthy life. How we listen to each other, how we speak to each other, and how we show up for ourselves and our neighbours is not separate from mental health. *It is* mental health.

I believe the path forward starts in three places. It starts with **personal responsibility**: each of us building the capacity to manage our inner world, regulate our emotions, and lead ourselves with honesty and intention. It moves through **deeper understanding**: learning to listen with real curiosity, communicate in ways that build trust, and close the gaps that keep us apart. And it arrives at **inspired action**: the recognition that we don't need permission to build something better. When we are grounded in ourselves and connected to each other, stepping forward becomes the natural response.

That's the heart of Rooted Together. On **Saturday, November 7th, 2026**, we're gathering at **Moncton's Rotary Lodge in Centennial Park** for a full day of hands-on learning, honest conversation, and real connection. This is a day where you participate, practice, and walk away with tools you can actually use. I've seen what happens when people are given the right space and an honest invitation to show up as they are. Strangers become allies in a matter of hours. People say things they've needed to say for years. That's what happens when we create the conditions for it.

At its core, this day is about becoming better humans, together. A rising tide lifts all ships, and I believe that tide starts with each one of us choosing to grow, to reach out, and to show up for our community with everything we've got. Come as you are. Leave rooted in something stronger. 🌀

STU MURRAY

Stu Murray is a community facilitator, men's coach, and event organizer based in New Brunswick. With a background in public education, shadow work certification, extensive training in men's coaching and personal development, and over 500 hours of yoga teacher training, Stu brings more than a decade of experience in facilitating transformative group experiences. His work centres on helping individuals develop self-trust, emotional resilience, and the capacity to show up fully in their relationships and communities. Stu leads men's retreats, facilitates community workshops, and works one-on-one with men navigating personal leadership and relationship challenges.

ROOTED TOGETHER

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STU MURRAY



REGISTRATION INFORMATION

→ **COST - \$49 + Tax (Includes lunch, snack and refreshments)**
(Limited seating – RESERVE SOON – Maximum 80 people)

→ **HOW TO REGISTER**

www.brothr.ca/rootedtogether

DEADLINE: OCTOBER 30, 2026

→ **Parts of proceeds will be redirected to**
OUR VOICE / NOTRE VOIX & CROSSROADS FOR WOMEN