

W
L
U
D
E
H
C
S
S
E
E
R
G
N
O
C

Canadian Congress on Leisure Research 2026

LEISURE IS TRANSFORMATION: **Are you REDI?**

TUES MAY 19	TIME	WED MAY 20	THURS MAY 21	FRI MAY 22
REGISTRATION 12:00 PM - 5:00 PM Newcastle Island Lobby Vancouver Island Conference Centre	7:30 AM	REGISTRATION Coffee & Tea Newcastle Island Lobby	REGISTRATION Coffee & Tea Newcastle Island Lobby	MORNING AT LEISURE
	8:00 AM - 8:45 AM	OPENING PLENARY Congress Welcome	KEYNOTE Research, Relationships and Reconciliation: Centering Indigenous Leadership in Recreation Education	
	8:45 AM - 10:00 AM	CONCURRENT SESSIONS 1A, 1B, 1C	CONCURRENT SESSIONS 2A, 2B	CONCURRENT SESSIONS 3A, 3B, 3C
Walk With Me Pre Conference Event 2:30 PM - 4:00 PM Meet at Newcastle Island Lobby Vancouver Island Conference Centre	10:00 AM - 11:15 AM	CONCURRENT SESSIONS 1G, 1H, 1I	CONCURRENT SESSIONS 2G, 2H, 2I	CONCURRENT SESSIONS 3G, 3H
	11:15 AM - 11:30 AM	NUTRITION BREAK Newcastle Island Lobby	NUTRITION BREAK Newcastle Island Lobby	NUTRITION BREAK Newcastle Island Lobby
	11:30 AM - 12:45 PM	CONCURRENT SESSIONS 1M, 1N, 1O	CONCURRENT SESSIONS 2M, 2N, 2O	CONCURRENT SESSIONS 3M, 3N
CALS Board Meeting 4:30 PM - 6:30 PM Vancouver Island Conference Centre	12:45 PM - 2:30 PM	LUNCH & KEYNOTE: A People's History of Diversity	LUNCH CALS AGM & Awards	LUNCH & PLENARY: Where Do We Go From Here? An Open Forum on the Future of Leisure Studies in Dangerous Times CLOSING COMMENTS FROM CALS
	2:30 PM - 3:45 PM	CONCURRENT SESSIONS 1T, 1U, 1V	CONCURRENT SESSIONS 2U, 2V	
OPENING RECEPTION Celebrating 50 Volumes of Leisure Loisir 6:30 PM - 8:30 PM Nanaimo Museum 100 Museum Way (2nd Floor Vancouver Island Conference Centre)	3:45 PM - 5:00 PM	DISCUSSION Who Shapes the Game?: Regional Perspectives on Sport & Recreation Policy	FILM REVIEW Using Documentary Film to Promote Dance for Life Enrichment and to Challenge Stigma Associated with Dementia	
		WORKSHOP Leisure's Presence in Death and Dying	DISCUSSION Leisure and Wellbeing: Evidence from Canadian Index of Wellbeing Surveys WORKSHOP Connecting the "Thoughts": Using Visual Arts-based Methods to Understand Youth Development within Sport	W L C E  @ V I U  
	5:00 PM - 6:30 PM	DINE AROUND NANAIMO OR EVENING AT LEISURE	RECEPTION Newcastle Island Lobby DISCUSSION 2REAL (2-Spirit, Race, Ethnicity, Anti-Racism, and Leisure) Priorities for Non-performative Action	

Canadian Congress on Leisure Research 2026

LEISURE IS TRANSFORMATION: **Are you REDI?**



TUESDAY MAY 19, 2026 | 2:30PM - 4:00PM

NEWCASTLE LOBBY | VANCOUVER ISLAND CONFERENCE CENTRE



PRE-CONFERENCE WORKSHOP: WALK WITH ME

ADVANCE REGISTRATION IS REQUIRED | MAX 25 PARTICIPANTS



Canadian Congress on Leisure Research participants are invited to engage in an arts-based community action project which seeks to uncover the human dimensions of the toxic drug poisoning crisis as it has unfolded locally across Vancouver Island, and across B.C. communities. A group of artist-researchers, front-line workers and people with lived and living experience (the Walk With Me team) have banded together in a spirit of solidarity, attempting to come to terms with the impact of the crisis on individuals and community groups through a practice of story sharing. Through stories, we aim to cultivate awareness leading to change.



What is Involved? The Story Walk will require approximately 90 minutes of your time. This time will be used to undertake a guided audio walking journey (in which participants will listen to stories provided by people with lived experience of the Toxic Drug Poisoning crisis, family members and front-line workers), and engage in a circle dialogue.

What is the context for this project? Over the past five years, the Walk With Me team has been honoured to work in multiple small communities throughout B.C., and has received numerous stories illustrating the impacts of the crisis and visions for change. The stories, conveyed through audio recordings, are made accessible via cordless headsets, guiding participants through various outdoor 'reflective spaces'. Through walking, participants are encouraged to engage with the stories; to find connectedness with the people and places at the heart of this crisis. The stories and walks are now being translated into policy and systems-change initiatives, including in front-line health care contexts.



Notes to participants: Please come prepared for a 40-minute walk outdoors, followed by a 40-minute outdoor sharing circle. Kindly dress for the weather and with appropriate shoes. Alternative static listening options are available for those with mobility concerns or who do not wish to walk. A cup of vegetarian soup or chili will be served.



Project Facilitator: Sharon Karsten, PhD - Michael Smith Health Research BC Scholar, Faculty of Management, Department of Recreation, Tourism and Hospitality Management, Vancouver Island University



TUESDAY MAY 19, 2026 | 6:30PM - 8:30PM

NANAIMO MUSEUM | VANCOUVER ISLAND CONFERENCE CENTRE



OPENING RECEPTION: CELEBRATING 50 VOLUMES OF LEISURE/LOISIR

SPONSORED BY LEISURE/LOISIR



Canadian Congress on Leisure Research 2026

LEISURE IS TRANSFORMATION: **Are you REDI?**



WEDNESDAY MAY 20, 2026 | 1:45PM - 2:30PM
RASUL MOWATT, PHD, NORTH CAROLINA STATE UNIVERSITY



LUNCH KEYNOTE: A PEOPLE’S HISTORY OF DIVERSITY: A QUANDARY OF ENDS, GOALS, & AIM

Should leisure be centered in relation to diversity, or diversity in relation to leisure? This keynote examines the concept of diversity (DEI, JEDI, REDI, etc.) through a historical lens, questioning its origins and development. Diversity is often understood as a response to racial inequities in the United States, with related developments in Canada (e.g., the 1963 Royal Commission on Bilingualism and Biculturalism), the United Kingdom (Race Relations Act, 1965), and France (May 1968 strikes).



In practice—through equal opportunity policies, training, and institutional frameworks—diversity also emerged as a response to the urban rebellions and power movements of the 1960s and 1970s (e.g., Harlem 1964, Watts 1965, Detroit 1967–68; Black Liberation, Chicano Power, and Gay Power movements). While the 1967 National Advisory Commission on Civil Disorders called for systemic reforms, many recommendations were not implemented, and state responses included both surveillance (e.g., FBI’s COINTELPRO) and legislative action.

Alongside the Civil Rights Act of 1964, “affirmative action” gained prominence following Lyndon B. Johnson’s 1965 address at Howard University and subsequent executive orders. Richard Nixon later expanded these efforts. The Regents of the University of California v. Bakke decision reframed diversity as a compelling state interest in higher education, shaping its adoption as a strategy to diversify campuses and encourage broader intellectual exchange.

This framing influenced the expansion of diversity into business practices in the 1980s and globalization strategies in the 1990s, extending its reach beyond the U.S. context.

The implication for leisure studies is clear: as the field seeks more transformative responses to contemporary challenges, it is essential to critically understand the historical foundations of diversity. This awareness may prompt a shift toward alternative frameworks—such as critical leisure or social justice approaches—that more directly align with the field’s goals in addressing current and future inequities.



WEDNESDAY MAY 20, 2026 | 3:45PM - 5:00PM
DEPARTURE BAY ROOM

PANEL: WHO SHAPES THE GAME?: REGIONAL PERSPECTIVES ON SPORT & RECREATION POLICY

Our panel draws on SSHRC-funded research examining provincial and territorial policy across Canada to highlight the importance of regional analysis in sport and recreation. We are conducting a pan-Canadian study using documents, interviews, and workshops to assess how regional policy shapes sport and recreation systems, resulting in 13 case studies across the country.

While most research focuses on municipal or national levels, regional analysis remains limited—despite its importance in understanding Canadian governance (Savoie, 2019). This project is the first to systematically map these regional complexities across all provinces and territories. We argue that regional approaches are essential for advancing scholarship and effective knowledge mobilization.

The panel will explore key findings by addressing two questions: What unique regional policy features shape sport and recreation systems? What common issues exist across Canada? We will highlight the value of regional comparison, the complexity of multi-sited national research, and the implications for future scholarship, advocacy, and understanding participation, equity, and inclusion in diverse regional contexts.

PANELISTS

Larena Hoeber, PhD, University of Regina; Audrey Giles, PhD, University of Ottawa; Tammy Borgen-Flood, PhD Student, Brock University; Keetyn Maxwell, PhD Candidate, University of Regina; Britta Peterson, PhD Candidate, University of Ottawa

WEDNESDAY MAY 20, 2026 | 3:45PM - 5:00PM
MOUNT BENSON BALLROOM ROOM

WORKSHOP: LEISURE’S PRESENCE IN DEATH AND DYING

Death is a natural part of life, yet it remains taboo and largely absent from leisure scholarship (Mowatt et al., 2024; Pernecky & Hardy, 2024a). Existing research focuses on risk, prevention, dark tourism, and grief, with little attention to leisure at end-of-life (EOL), particularly in experiences of dementia and care. Our critical participatory action research explored relational caring at EOL in dementia, involving people living with dementia, family members, and professionals. Through research conversations, arts-based sessions, and collaborative analysis, we identified key components of relational caring at EOL and cocreated documentary films and digital stories. In this interactive workshop, participants reflect on their own EOL wishes and examine how leisure is present for people living with dementia, families, and professionals. We conclude with dialogue on how leisure can enhance relational caring at EOL. This work responds to calls for leisure scholarship to engage more deeply with death and dying (Fox & McDermitt, 2021).

PRESENTERS

Sherry L. Dupuis, PhD, University of Waterloo; Pia Kontos, PhD, KITE Research Institute, University Health Network ; Erica MacTavish, PhD, University of Waterloo; Kim Lopez, PhD, University of Waterloo

S
 Z
 ©
 I
 T
 P
 I
 R
 C
 S
 E
 D
 Z
 ©
 I
 S
 S
 U
 S

THURSDAY, MAY 21, 2026 | 8:00AM - 8:45AM
 MOUNT BESON BALLROOM

WORKSHOP: RESEARCH, RELATIONSHIPS AND RECONCILIATION: CENTERING INDIGENOUS LEADERSHIP IN RECREATION EDUCATION

This presentation explores how Indigenous methodologies can transform recreation education and practice through a Langara College–Musqueam Nation partnership, centring reconciliation and Indigenous leadership. Guided by love as methodology, research as ceremony, and emergent strategy, the work frames research as a relational, evolving, and trust-based process grounded in cultural humility and reciprocity.



Collaboration with Musqueam Recreation highlights that relationships and responsiveness are foundational, recreation can support Indigenous self-determination, and education can advance decolonization. These insights position recreation as a vehicle for reconciliation and community-led futures.

Participants will gain approaches for relationship-centred research, aligning with community priorities, integrating Indigenous knowledge, and using recreation as a site for equity and cultural resurgence.

PRESENTERS

Emma Courtney, MA, Langara College; Courtenay Gibson, MBA, Musqueam Indian Band

THURSDAY MAY 21, 2026 | 3:45PM - 5:00PM
 MOUNT BENSON BALLROOM ROOM



WORKSHOP: CONNECTING THE “THOUGHTS”: USING VISUAL ARTS-BASED METHODS TO UNDERSTAND YOUTH DEVELOPMENT WITHIN SPORT

Arts-based methods use creative processes to generate and share knowledge, offering powerful ways to engage youth voices often missed by traditional research. This interactive workshop introduces arts-based approaches in youth sport research, including personal meaning maps, drawing, journaling, and timelining.

Participants will explore how these methods foster inclusive, participatory research; support self-expression and reflection; and reveal the social and emotional dimensions of youth sport, while addressing power and ethics. Attendees will engage in hands-on activities, review an applied analysis example, and gain practical tools for using arts-based methods in their own work.

The session concludes with strategies for applying these flexible approaches in leisure research. Target audience: researchers, practitioners, and graduate students interested in youth-centred, participatory methods.

PRESENTERS

Corliss Bean, Brock University; Caroline Hummell, Brock University; Dawn Anderson-Butcher, Ohio State University; Sara Kramers, University of British Columbia; Tarkington J. Newman, University of Kentucky



S
 Z
 ©
 I
 T
 P
 I
 R
 C
 S
 E
 D
 Z
 ©
 I
 S
 S
 E
 S
 S

THURSDAY, MAY 21, 2026 | 3:45PM - 5:00PM
 DUKE POINT ROOM

DISCUSSION: LEISURE AND WELLBEING: EVIDENCE FROM CANADIAN INDEX OF WELLBEING SURVEYS

This session brings together five papers that collectively examine the critical role of leisure in shaping individual and community wellbeing across diverse contexts.

- *Above and beyond: The foremost importance of leisure to individual and community wellbeing* - Bryan Smale, University of Waterloo;
- *The moderation effect of demographic characteristics on the relationships between vacation taking, vacation experience, and subjective wellbeing* - Mingjie Gao, City University of Macau;
- *Wildfire’s effects on leisure: Analysis of Canadian Index of Wellbeing data* - Hanyue Zheng, Shintaro Kono, Geri Ruissen, and Elizabeth Lizotte, University of Alberta;
- *Off-job time adequacy and entrepreneurs’ well-being: The roles of life-to-work interference, life-to-work enrichment, and leisure satisfaction-* Nanxi Yan, University of Amsterdam; Mingjie Gao, City University of Macau;
- *Leisure flourishing: Associations with health and wellbeing* - Steven Mock, University of Waterloo and Bryan Smale, University of Waterloo

THURSDAY MAY 21, 2026 | 3:45PM - 5:00PM
 DEPARTURE BAY ROOM

FILM REVIEW: USING DOCUMENTARY FILM TO PROMOTE DANCE FOR LIFE ENRICHMENT AND TO CHALLENGE STIGMA ASSOCIATED WITH DEMENTIA

Alzheimer’s disease and related dementias (ADRD) is associated with stigma (stereotypes, prejudice, discriminatory practices) that creates social exclusion, diminishes dignity, and threatens well-being and quality of life. Decreasing stigma associated with dementia is a public health priority across international settings, including within the recreation and leisure sector, with urgent calls for culture change. The use of film in challenging master narratives and addressing social injustices is increasingly advocated for education that aims to promote personal and social transformation. Drawing on the interactive, educational, and emancipatory potential of film, we created a short documentary titled Dancer Not Dementia. It was based on research our team has done about the impact of an innovative community oriented dance program – Sharing Dance Older Adults – that makes the aesthetic art of dance accessible to older adults with a range of physical and cognitive abilities, including people living with dementia, by prioritizing creative self-expression and social engagement.

We will screen Dancer Not Dementia (20 minutes). Discussion will follow highlighting key outcomes of our evaluation of the impact of the film: knowledge/attitudes regarding the importance of dance for social inclusion, quality of life, and life enrichment; its effectiveness in challenging stigma, and in educating about or motivating dance for people living with dementia; and the artistic aspects of the film that influenced the uptake of its key messages. Dancer Not Dementia is well-positioned to respond to urgent calls to reduce stigma, foster relational caring, and improve the quality of life and well-being for people living with ADRD.

PRESENTERS

Pia Kontos, PhD, KITE Research Institute - University Health Network; Alisa Grigorovich, PhD, Brock University; Romeo Colobong, MA, KITE Research Institute - University Health Network; Rachel J. Bar, PhD, Canada's National Ballet School; Rosanne Aleong, PhD, Rotman Research Institute, Baycrest Academy for Research & Education



S
N
C
I
T
P
I
R
C
S
E
D
N
C
I
S
S
E
S

FRIDAY MAY 22, 2026 | 1:45PM - 2:45PM
MOUNT BENSON BALLROOM

DISCUSSION: WHERE DO WE GO FROM HERE? AN OPEN FORUM ON THE FUTURE OF LEISURE STUDIES IN DANGEROUS TIMES

Amid growing, interconnected global crises—including climate change, political polarization, and threats to academic freedom—this open forum invites delegates to engage in shared dialogue about the current and future state of leisure studies. Building on prior discussions from CCLR 16 and recent scholarly work, this session creates space for collective reflection and community-building.

Facilitated by a team of co-organisers, the forum welcomes students, faculty, and practitioners to share experiences and challenges related to research, teaching, and the broader academic landscape. The session will be intentionally participant-driven, with optional small-group discussions to explore key issues such as program cuts, artificial intelligence, pressures on equity and inclusion, and the role of leisure studies in addressing global challenges. This forum prioritizes dialogue, connection, and collective understanding rather than solutions, fostering a supportive environment for navigating shared uncertainties.

ORGANIZERS

Simon Barrick, PhD, Cape Breton University; Daniel Henhawk, PhD, University of Manitoba; Shintaro Kono, PhD, University of Alberta; Kimberly Lopez, PhD, University of Waterloo; Felice Yuen, PhD, Concordia University

FRIDAY MAY 22, 2026 | 2:45PM - 3:15PM
MOUNT BENSON BALLROOM

CLOSING PLENARY: FINAL COMMENTS

CALS President: Fenton Litwiller, PhD

Join CALS President Fenton Litwiller for closing remarks on CCLR 18.

THANK YOU FOR ATTENDING THE
CANADIAN CONGRESS ON LEISURE RESEARCH



World Leisure
Centre of Excellence
@
VANCOUVER ISLAND UNIVERSITY

