

Well-being at CAPDHHE and cultural guide at Vancouver

Well-being, conference vendors and Vancouver places to explore.



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Use the linked contents or PDF bookmarks to move through the guide. Destination links open official visitor information and Google Maps searches. Check current hours, admission, closures, access details and your route before travelling.

[Conference information](#)



AT THE CONFERENCE

Well-being at CAPDHHE

This conference focuses on the theme of inclusive excellence and well-being. Promoting equity, inclusion and human rights in the post-secondary sector requires us to create well-being environments, both physical and social. Below you will find some guidelines, spaces and tools to support your well-being while attending CAPDHHE 2026.

Respectful participation

Our community guidelines are intended to ensure the safety of all guest speakers and event participants, and to foster honest, socially accountable dialogue at our events. Thank you for respecting these guidelines!

1. Above all, there will be zero tolerance for those who promote violence against others on the basis of race, ethnicity, national origin, sexual orientation, gender identity, religious affiliation, or disability.
2. Don't assume anyone's gender or pronouns based on their name or appearance. Please refer to people using the names and/or pronouns they provide.
3. Take space, make space: share your perspective, and make space for other voices to be heard too. Recognize that we are all here to learn.

Infant and child feeding rooms

Our infant/child feeding rooms are private, comfortable spaces designed to support nursing and new parents who need a place to feed their child while on campus. Please speak to a volunteer or visit the registration desk for the current room location and access details.

Prayer room

A prayer room is available through SFU's Multifaith Centre. At SFU Vancouver (Harbour Centre), a space is designated for drop-in prayer. Please speak to a volunteer for directions to the nearest quiet space.

[Captions and translation on page 3](#)

Menstrual equity

SFU's Menstrual Equity Initiative provides free, organic, eco-friendly menstrual products in washroom dispensers across all three SFU campuses, Burnaby, Surrey, and Vancouver. At our Vancouver campus conference locations, free menstrual products are located inside the following all-gender washrooms:

Harbour Centre

1260, 1364, 1368, 2922, 2932

Morris J. Wosk Centre for Dialogue

C34, C54

Products are available to anyone who needs them, no cost and no request required.



AT THE CONFERENCE

Support and your conference tote

Live captions and translation

CAPDHHE 2026 is using Wordly, a live captioning and translation app, to make conference sessions more accessible. Wordly provides real-time transcription and translation directly to your own phone, tablet, or laptop; no app download is required. Every session has a QR code that you can scan to join. Please speak to a volunteer for the session link or QR code to join.

Quiet spaces

If you need a moment away from the conference activity, quiet study spaces are available. Please speak to a volunteer for directions to the nearest quiet space.



Your conference tote bag

In your conference tote bag you will find:

Totem Spirit

With the fast pace of daily life, we can sometimes lose track of things worth remembering. This little Totem Spirit made from reclaimed wood can be used as a touchstone to use as a reminder to pay attention to what's important. Each piece is laser etched with an inspiring word, use for inspiration and blessing.

Supplied by Native Northwest

Lanyard

Designed by Naa Sheka Fashion, these lanyards are inspired by Kente, a centuries-old textile tradition originating in Ghana, West Africa. Historically associated with royalty and special ceremonies, Kente is celebrated for its vibrant colours and intricate geometric patterns, which convey cultural identity, heritage, and storytelling. Drawing inspiration from traditional weaving, the lanyard designs feature bold zigzags and colourful patterns that bring Ghanaian artistry into a contemporary setting. Reflecting Naa Sheka's Ghanaian heritage, these designs celebrate cultural pride, creativity, and the power of art to connect communities.

Designed by Naa Sheka Fashion

Also included

Notebook, pen, mints and a water bottle.



AT THE CONFERENCE

Vendors at CAPDHHE

Meet the artists, designers and makers sharing their work.

The vendors at CAPDHHE were carefully selected to represent Black and Indigenous businesses and communities based in Vancouver and the Lower Mainland.

The vendors were present from noon until the end of the day on October 15th, providing conference attendees with the opportunity to purchase and explore a variety of products.

Some of the items available included African and Indigenous artwork, clothing prints, skincare products, jewelry and woodwork.

Hawk Lace

HANDCRAFTED JEWELRY



HAWK LACE

Hawk Lace will be sharing an array of handcrafted jewelry created from crystals and gemstones from around the world. Jewelry designs include earrings, rings, bracelets, and necklaces that utilize both contemporary and Indigenous design concepts. Jewelry is designed to inspire confidence, wellness, culture, and beauty.

hawklace.com

Naa Sheka

FASHION & WELLNESS



Naa Sheka is a Canadian-Ghanaian designer and entrepreneur whose work celebrates culture, creativity, and connection. Through Naa Sheka Fashion, she creates contemporary pieces inspired by Ghana, West African textiles and design, including lanyards, bookmarks, hoodies, and T-shirts. She is also the founder of Sheka Shea, offering natural shea butter products sourced from Ghana and connected to women's cooperatives and local communities. Her work brings together fashion, heritage, natural wellness, and socially conscious entrepreneurship.

naasheka.com

[More vendors on page 5](#)



AT THE CONFERENCE

Vendors at CAPDHHE

Art, storytelling and cultural education.

Sih'le Skincare

NATURAL SKINCARE



At Sih'le, we believe that beauty is about much more than how you look. We believe in nature's beauty and healing benefits. We combine natural, sustainably sourced ingredients to create simple yet effective formulations that leave your skin nourished and radiant.

Sih'le Skincare carries a range of products including facial serums, body moisturizers, handmade soaps, facial cleansers, whipped body butter, bath salts, perfume oils, and face mists.

sihle.ca

Kelly Poitras

Métis art

Kelly Poitras is a Métis Artist who shares stories through colours and sensory representing her Ancestors known as 'The Flower People'.

[Explore Kelly's work on Facebook](#)

Brad Henry

ART & CULTURAL
EDUCATION

Brad Henry is a distinguished visual artist and cultural educator whose work is deeply rooted in the traditional teachings and artistic forms of the Inland Tlingit and Vuntut Gwich'in peoples. Brad's art reflects the rich visual language of Northwest Coast and Inland Tlingit design, capturing the spirit, stories, and landscapes of the Yukon, British Columbia, and Alaska. Through art, workshops, and cultural education, Brad shares Indigenous knowledge and hopes to foster understanding and connection.

More vendors will also be joining us!

[Explore Vancouver from page 6](#)



Indigenous and cultural experiences

Bill Reid Gallery of Northwest Coast Art

Located in the heart of downtown, the gallery celebrates contemporary Indigenous Northwest Coast art and the work and legacy of renowned Haida artist Bill Reid.

[Website](#)[Google Maps](#)

Chinese Canadian Museum

Located in Vancouver's historic Chinatown, the museum shares the history, experiences and contributions of Chinese Canadians through exhibitions and storytelling.

[Website](#)[Google Maps](#)

Dr. Sun Yat-Sen Classical Chinese Garden

A traditional Ming Dynasty-style garden in Chinatown featuring Chinese architecture, gardens and cultural programming, including select tea ceremonies.

[Website](#)[Google Maps](#)

Momiji Japanese Garden

A serene Japanese-style garden known for its traditional design, peaceful setting, and stunning maple trees. Built to commemorate the 50th anniversary of the forced relocation of Japanese Canadians, the garden stands on a site of historical significance and provides a space for reflection, remembrance, and honouring the resilience of the Japanese Canadian community.

The linked garden is Momiji Gardens at Hastings Park.

[Website](#)[Google Maps](#)



Iconic Vancouver

Stanley Park

Vancouver's iconic waterfront park at the edge of downtown, with forest trails, beaches, mountain and ocean views, and the Brockton Point Totem Poles.

[Website](#)[Google Maps](#)[Stanley Park Seawall on page 11](#)

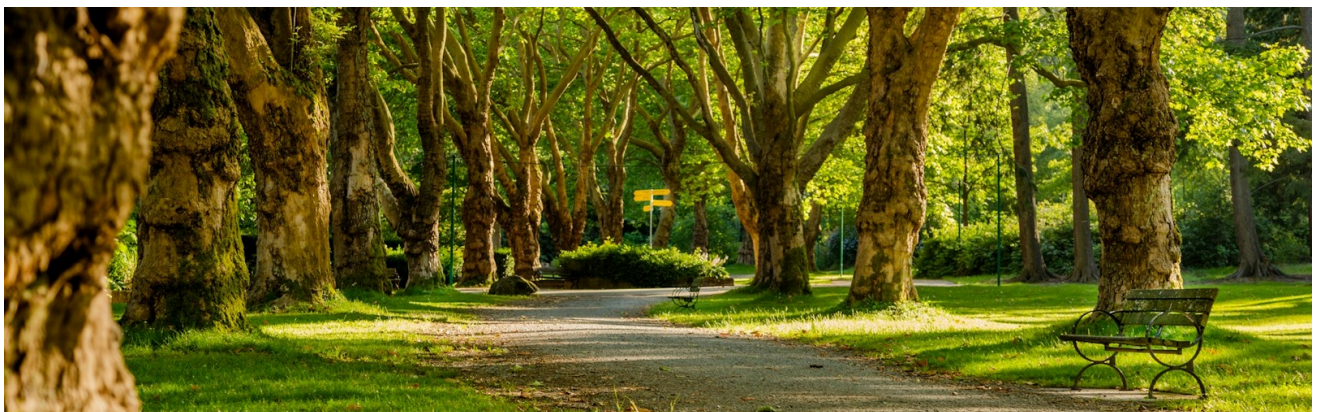
Gastown

Vancouver's historic district, known for heritage architecture, cobblestone streets, the Steam Clock, restaurants, galleries and shops.

[Website](#)[Google Maps](#)

Chinatown

Explore one of Vancouver's oldest cultural neighborhoods, with historic architecture, restaurants, shops and cultural attractions. The Chinese Canadian Museum and Dr. Sun Yat-Sen Garden can easily be combined into one visit.

[Website](#)[Google Maps](#)

— Stanley Park

[More places on page 8](#)



EXPLORE VANCOUVER / 02 / CONTINUED

Iconic Vancouver

Canada Place

Enjoy harbour and mountain views on a waterfront walk by Canada Place.

[Website](#)[Google Maps](#)

Coal Harbour

An easy waterfront walk from the Vancouver Convention Centre with harbour, mountain and seaplane views. Continue along the seawall toward Stanley Park.

[Website](#)[Google Maps](#)

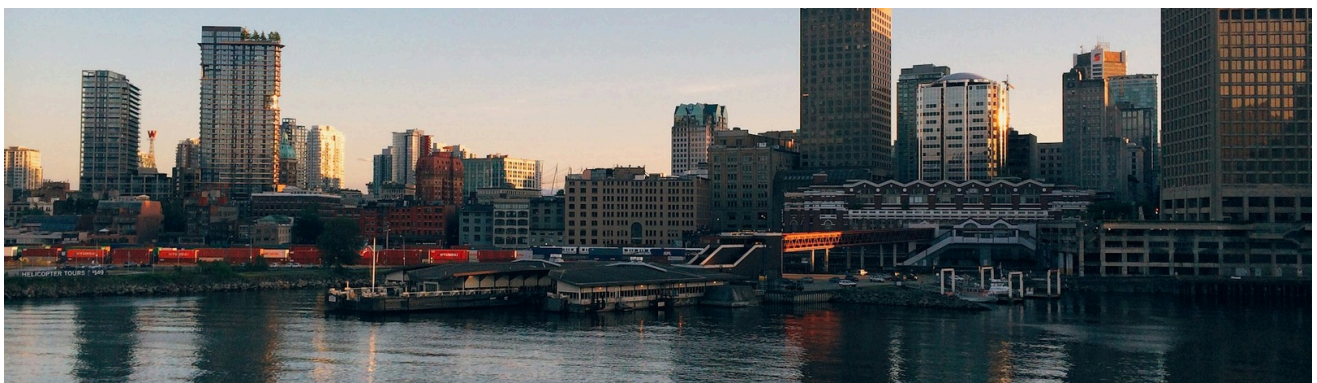
English Bay

A great option for an evening walk or sunset.

[Website](#)[Google Maps](#)

West End

Walk the seawall through Vancouver's West End to English Bay and Sunset Beach.

[Website](#)[Google Maps](#)

— Vancouver waterfront, viewed from Canada Place



Art galleries and museums

Vancouver Art Gallery

Centrally located beside Robson Square, with rotating Canadian and international exhibitions and programming featuring BC, Indigenous and Asia-Pacific art.

[Website](#)[Google Maps](#)

Contemporary Art Gallery

A smaller, independent public gallery featuring contemporary art, located downtown on Nelson Street.

[Website](#)[Google Maps](#)

Museum of Anthropology at UBC

Located at the University of British Columbia campus, the museum features extensive collections of Indigenous art and cultural objects, with a particular focus on First Nations of the Northwest Coast.

[Website](#)[Google Maps](#)

Museum of Vancouver

Located in Vanier Park, the museum explores Vancouver's history, communities, and development through rotating exhibitions and permanent collections.

[Website](#)[Google Maps](#)



Food, markets and neighbourhoods

Granville Island

Just across False Creek from downtown, with the Public Market, local food, artisan shops, galleries and waterfront restaurants. Take the small False Creek ferry from downtown for the full experience.

[Website](#)[Google Maps](#)

— Granville Island

Robson Street

One of downtown Vancouver's main shopping and dining streets, with an especially diverse range of Asian restaurants around the Robson/Denman area.

[Website](#)[Google Maps](#)

Yaletown

A walkable former warehouse district with restaurants, cafés, patios and access to the False Creek seawall.

[Website](#)[Google Maps](#)

Mount Pleasant

Known for its cafés, breweries, restaurants, independent businesses and colorful murals.

[Website](#)[Google Maps](#)

Steveston Village

A historic fishing village in Richmond with waterfront walks, seafood restaurants, small shops and heritage sites.

[Website](#)[Google Maps](#)



Nature and easy excursions

Stanley Park Seawall

Walk or rent a bike for one of the easiest ways to experience Vancouver's combination of city, ocean, forest and mountain scenery.

[Website](#)[Google Maps](#)

False Creek Ferry

Take a small passenger ferry between downtown, Yaletown and Granville Island for an inexpensive sightseeing experience on the water.

Map link: Granville Island dock. Use the trip planner to choose a boarding point.

[Website](#)[Google Maps](#)

Capilano Suspension Bridge

Cross the suspension bridge above the Capilano River, with forest-canopy walks at Treetops Adventure and canyon views from Cliffwalk. On the North Shore, this makes a good half-day excursion for visitors who have more free time.

[Website](#)[Google Maps](#)

Grouse Mountain

Ride the Red Skyride to the mountaintop and take in views of Metro Vancouver and the surrounding mountains from scenic lookouts. On the North Shore, this makes a good half-day excursion for visitors who have more free time.

[Website](#)[Google Maps](#)[More places on page 12](#)



Nature and easy excursions

Queen Elizabeth Park

One of Vancouver's highest points, offering landscaped gardens and city and mountain views.

[Website](#)[Google Maps](#)

Bloedel Conservatory

A tropical conservatory in Queen Elizabeth Park.

[Website](#)[Google Maps](#)

VanDusen Botanical Garden

A large botanical garden featuring landscaped grounds, ponds, seasonal displays, and plants from around the world.

[Website](#)[Google Maps](#)

— Queen Elizabeth Park

Prepared from the CAPDHHE 2026 well-being, vendor and Vancouver visitor guides. Official visitor links were checked in October 2026; details can change.

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