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|  | **Objective** |

To work with the community in a capacity where I can empower them to be the best version of themselves and to prevent mental health issues such as: addiction(s), self-harm, eating disorders, depression, and bullying.

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|  | Education |

## Social Service Worker | Seneca College

### May 2021 – Present

Currently taking courses part-time while I am working full-time

## Introduction to Addiction Studies Certificate, Continuing Education Credits

### July 2022

## Foundations of Positive Psychology Certificate | Coursera – U of Penn

### 2020

5 courses for certificate are: Visionary Science; Applications & Interventions; Character, Grit & Research Methods; Resilience Skills; Design Your Life for Well Being

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|  | Experience |

## Addictions Counsellor | Addiction Rehab Toronto

### April 2021 – Present

Work with clients 1:1 to help clients achieve their goals. Using motivational interviewing and also using the 5 stages of change to understand where the client is at in their needing/wanting to change their behavior.

Facilitate group classes.

Help to maintain a healthy culture and learning environment within the workplace by speaking about any issues that come up with respect and compassion

## Student Placement | Peel Youth Village - Ship

### October 2021 – March 2022

Over 300 hours were completed over 5 months in person at the centre

I learned more about youth homelessness and issues that they face.

I helped to facilitate groups in person and virtually, conducted rounds throughout the facility, engaged the residents in activities.

Learning outcomes: motivational interviewing, facilitating groups, youth homelessness issues, enhanced knowledge of ethics and values, staff and organizational dynamics, advocating for the residents and community.

## Previous Work Experience available upon request

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|  | Skills |

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| * I am solution focused
* I am compassionate and communicate directly with a calm demeanor
 | * I am able to adapt to my surroundings with ease
* I am motivated and execute with little to no supervision
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|  | Activities |

I have created a self-love workshop to empower youth to be good with who they are and help them to take responsibility for their actions. It encompasses self-worth, sense of identity, self-care, responsibility & discipline, healthy relationships. I have my CPR/ First Aid valid until June 2023, Non-violent Crisis Prevention certificate, and Psychological First Aid: Self Care & Caring for others from Canadian Red Cross.