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## **EDUCATION**

Masters of Health Sciences ( Health Promotion), University of Toronto, 1987  
Bachelor of Science in Nursing, University of Ottawa, 1972  
Certificate in Spiritual Psychotherapy, Transformational Arts College, 2004  
Certificate in Bowen Therapy, Bowtech Institute of Canada,  
Spiritual Healer and Ordained Minister Program, International Assembly of Spiritual Healers and  
Earth Stewards Congregations, Ordination May 2006

## **LANGUAGES**

English, French and Spanish (oral and written skills), some understanding of Portuguese

## **ACCOMPLISHMENTS**

### **Leadership and Organizational/Program Management**

- \* Managed a community development process to establish a Youth Task Force in a rural area of the province
- \* Managed overall organizational, staff and project activities including proposal development, planning, program evaluation, board development and staff support in human services agencies
- \* Developed and monitored work plans and provided inservice on time management and effective team work
- \* Established and managed the Health Promotion Division of a Community Health Centre
- \* Facilitated the merger of two family resource centres
- \* Conducted planning, team building and conflict management sessions for organizations

### **Coordination and Facilitation of Workshops**

- \* Worked with planning teams in a variety of communities to develop workshops on topics such as stimulating community participation, strengthening coalitions, visioning a healthier community for kids, preparing community workers to support abused parents, predominantly women, and children, clarifying board/staff roles, cross-cultural sensitivity training, improving service provision for people with disabilities
- \* Trained local community members within various organizations and communities as facilitators for workshops and developed training materials

- \* Advertised and conducted *Circle of Change* Workshops on program evaluation, facilitation, popular education, community development and community mobilization

### **Health Promotion and Community Development**

- \* Coordinated and facilitated a community consultation for a Healthy Communities pilot project within the Healthy Toronto 2000 Project
- \* Initiated effective projects and programs such as public health liaison with a multicultural organization, support group for assaulted Spanish-speaking women, community coalition against abuse of women and children and supported the growth of other coalitions
- \* Assisted groups in developing strategic and project work plans with timelines and success indicators
- \* Initiated and supported the community in developing local coalitions such as the Caledon Healthy Communities Group, South Riverdale Community Coalition Against Violence Against Women and Children

### **Program Evaluation**

- \* Developed an approach to evaluation that significantly increases community involvement in the process
- \* Co-developed, coordinated and was a member of the team that evaluated the Evaluation Support Program for Demonstration Sites funded by the Ministry of Health
- \* Coordinated and led evaluation teams and was the chief evaluator for several health promotion programs across the province with programs related to tobacco use prevention, heart health, child and family health and mental health
- \* Facilitated several workshops on program evaluation throughout the province and adapted workshops for different community needs

### **Work Against Violence Against Women and Children**

- \* Direct individual and group counselling for women living through and surviving abuse, awareness of services needed by and available to families experiencing abuse
- \* Co-facilitated groups for abused women within the Latin American community (in Spanish)
- \* Organized the South Riverdale Community Coalition Against Violence Against Women and Children
- \* Member of the Peel Committee Against Woman Abuse
- \* Developed a proposal for and co-ordinated the implementation of a support program in a multicultural organization for women experiencing abuse
- \* Co-facilitated a workshop on the role of the Peel Health Department in work against violence

- \* Co-led a workshop on the impact of violence on the lives of women with disabilities for women living with disabilities and community workers
- \* Member of the planning team that developed a training program for community workers serving women experiencing abuse
- \* Facilitated a strategic planning exercise with a women's shelter
- \* Led a Well-Being workshop for shelter staff and volunteers
- \* Led an evaluation workshop for those with interest in the evaluation of work against violence

### **Work with Parents and Children**

- \* Taught Parenting Classes with Health Department settings, ran groups for parents on importance of play and self esteem, incorporated parenting education into nursing aspect of family practice
- \* Ran groups for children and youth within the primary and secondary school systems
- \* Individual counselling for children and youth related to coping with life circumstances like dealing with death, grief, separation, self esteem, healthy expression of feelings
- \* Providing support to parents of children requiring counselling
- \* Training home day care providers in all aspects of child care
- \* Training community workers to support children through separation and divorce

### **Youth Program Work**

- \* Community outreach and development work with youth and community workers to develop the Dufferin Youth Action Council and Choices Youth Shelter
- \* Evaluated the first year of the Fly Higher! Program for the Heart and Stroke Foundation which was a program to train adolescent women to create preventive programs in their schools
- \* Taught youth in the Community Worker – Outreach and Development program at Sheridan College
- \* Conducted health related workshops and classes for youth in high schools in North York
- \* Presentation on violence prevention to youth in Mayfield High School
- \* Involved youth in community consultation for the Peel United Way and for Healthy Communities in Peel and Toronto
- \* Involved youth in program planning and evaluation for their local projects in Wawa and Thunder Bay
- \* Taught English as a Second Language in the Guatemalan Business School

### **Holistic Healing**

- \* Maintaining a healing practice through Circle of Change for 20 years including Sacred Healing Journeys, Counselling for individuals of all ages, families, workplaces and communities, Spiritual Psychotherapy, Physical modalities ~ Bowen Therapy, Reiki, Intuitive Massage, Body Psychotherapy, Chakra work, Native influenced Healing Ceremony

**RELEVANT CAREER HISTORY****Canadian Experience**

- 2002 – present Private Practice  
Nurse and Health Promoter, Family Practice Office,  
glamorum healing centre
- 2001 – present Part time Teacher, School of Business, International Project Management Program,  
Humber College
- 1996 - present Private Consultant, *Circle of Change* Focus on Well Being for our Selves, our  
Workplaces and our Communities
- 1999 - 2000 Project Director, Dufferin County Youth Task Force, Orangeville
- 1997 - present Part time Teacher, Community Worker Program, Sheridan College  
Mentor for Distance Learning, Health Promotion Certificate Program,  
Canadore College
- 1994 - 1996 Centre Coordinator, Centre for Research and Education  
in Human Services, Kitchener
- 1990 - 1994 Executive Director, Multicultural Assistance Services of  
Peel, Mississauga
- 1988 - 1990 Health Promotion Coordinator, South Riverdale  
Community Health Centre, Toronto
- 1985 - 1987 Health Promotion Program Practicum Placement, University of  
Toronto  
Research Assistant, Training Needs Analysis, Management Services  
Division, City of Toronto  
Coordinator, Community Vision Workshops, Healthy Cities  
Project, City of Toronto  
Research Assistant, Ontario Prevention Clearinghouse, Toronto
- 1985 Information Counsellor, Emergency Community Information  
Services, Community Information Centre of Metropolitan Toronto
- 1979 - 1985 Public Health Nurse, Department of Public Health, City of North  
York
- 1974 - 1976 Teaching Master, Algonquin College Nursing Program, Ottawa
- 1973 - 1974 Public Health Nurse, Ottawa-Carleton Regional Health Unit

### **International Experience**

- 1996 - 1997            Organiser of a Spanish Language and Health Studies course for  
Canadian Society for International Health, Guatemala
- 1986                    Researcher, Centre for Public Health Research, Mexico
- 1977                    Program Coordinator and Teacher, English Department,  
Guatemala Business School, Guatemala
- 1976 - 1977            Community Health Worker, Health Centre, Zunil, Guatemala

### **Volunteer Experience**

Chair, Board of Directors, founding member CHOICES Youth Shelter, Orangeville

Member, Board of Directors:

Latin American Community Centre , Kitchener-Waterloo Association for Community Living, Caledon  
Ratepayers Association, Ontario Public Health Association (OPHA), Multicultural Interagency Group of  
Peel

Chair: Healthy Communities Outreach Committee of the Caledon Health Coalition, Health Promotion  
Committee of OPHA, South Riverdale Community Coalition Against Violence Against Women and  
Children, CHOICES Youth Shelter, Board of Directors

Member: Health Promotion Program Planning Committee and Annual Conference Planning Committee  
(OPHA); Annual Conference Planning Committee of the Canadian Public Health Association; Canadian  
Society for International Health; Brampton-Caledon Health Planning Task Force; Peel Committee Against  
Woman Abuse; Centre for Health Promotion Summer School Planning Committee; Violence Prevention  
Work Group (OPHA)

**REFERENCES AVAILABLE ON REQUEST**