

My Name

Toronto, Ontario

(416) 222-5252

FutureCJS@guelphhumber.ca

[LinkedIn](#)

HIGHLIGHT OF QUALIFICATIONS

- Over 300 hours of experience in community agencies working adjacent to the law
- Knowledge of current mental health legislation and relevant community resources
- Provide support to community members through empathy and a high degree of confidentiality
- Sensitive to contemporary social issues ranging from abuse and violence to welfare
- Fluent in Punjabi and Urdu

EDUCATION

University of Guelph-Humber

Anticipated Completion April 2021
Toronto, Ontario

University of Guelph

- **Honours Bachelor of Applied Science in Justice Studies**

Humber Institute of Technology and Advanced Learning

- **Diploma in Community and Justice Services**

Key Courses: Counselling: Theory & Practice, Community Service, Health & Wellness, Community Building Practices, Inclusive Community Practices, Issues in Ethnicity & Class

Field Placement:

Intern

January 2020 – April 2020

Seva Food Bank

Malton, Ontario

- Working directly with individuals and families as a personal shopper
- Completed 120 hours
- Assisted in shipping and receiving food and other items
- Maintained Inventory and replenished items when needed

Campus Walk Volunteer

January 2019 – April 2019

Humber College Campus Walk

Etobicoke, Ontario

- Worked in part of a 20 member team
- Completed 180 hours
- Worked with Toronto Police, and Garda World Security for the safety of all students

Certifications

Non Violent Crisis Prevention Intervention, Crisis Prevention Intervention Certified September 2019

ASIST Certification, Applied Suicide Intervention Skills Training March 2018

CPR Level A Certification, St. John Ambulance April 2018

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RELEVANT EXPERIENCE

Residential Program Placement
Humewood House

September 2017 – March 2019
Toronto, Ontario

- Advised young mothers with limited support on issues surrounding transitioning to parenthood, providing daily childcare and community childcare resources
- Operated from a trauma informed care model when providing services and assessing needs related to health and social problems of the young women
- Facilitated groups for young women and their babies, to support life-skills training
- Completed daily residential tasks such as cooking meals and cleaning

Social Services Intern
Turning Point

January 2015 - April 2015
Mississauga, Ontario

- Provided emotional support, information and referrals to female, male and transgendered survivors of sexual violence: rape, childhood sexual abuse, incest, sex trafficking
- Developed and facilitated public education and workshops on pertinent issues in violence against women
- Created and led programming such as support groups for adult survivors from an anti-oppressive framework
- Advocated for survivors within the criminal justice and social services system including helping with writing of Victim Impact Statements
- Organized community outreach and social justice events such as *Take Back The Night*

COMMUNITY INVOLVEMENT

Unit Office Assistant
Salvation Army

May 2016 - Present
Toronto, Ontario

- Answered the telephone and assisted with walk-in inquiries in a courteous and informed manner
- Handled incoming and outgoing mail using established procedures
- Distributed brochures and other marketing materials as necessary

Youth Mentor
Salvation Army

Sept 2016 - Present
Toronto, Ontario

- Mentored 7 youth aged 12 to 17 through weekly meet-ups, and being a positive role model
- Promoted a healthy and active lifestyle through an emphasis on fitness and healthy eating
- Programmed 13 weekly sessions for the group ensuring interactive and inclusive activities

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