



Jennifer Kavanaugh

**Mental Health First Aid Trainer
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Jennifer Kavanaugh is a mental health first aid trainer with Ontario Shores Centre for Mental Health Sciences. She has 20 years of experience working and advocating in the mental health field. Kavanaugh holds an undergraduate degree in psychology, a diploma in social services, and certificates in concurrent disorders and trauma counselling level 1 for frontline workers. She is currently obtaining her master's degree in counselling psychology. Kavanaugh's extensive experience varies, from working at local community mental health agencies, to providing case management and crisis support as well as emergency room mental health support. She also works in postsecondary education, both as an educator and working one on one to support students while also facilitating groups and mental health awareness events. Kavanaugh teaches both suicide awareness and mental health first aid. She is a certified yoga instructor and farmer offering wellness and nature events on her farm by bringing together her passion for wellness, nature and animals.