

# ABOUT

Rebecca Bernard, Program Director

**Q1. How did you come to work for the Centre?**

A1. I have a BA in Sociology. I worked in corrections where addiction issues were overwhelming and then came to Our House to initiate a mental health program and have been here since 2008. I am a certified Mental Health First Aid Instructor, Certified Addictions Counselor, as well as a Canadian Certified Clinical Supervisor – Addiction Counselor through the Canadian Addiction Counselors Certification Federation.

**Q2. When you want to unwind, what's your preferred relaxation method?**

A2. Favorite ways to unwind: Dance, sing, coloring, yoga, reading and hanging out with my family.

**Q3. What's something that most people don't know about you?**

A3. Most people do not know that I am a music enthusiast, and in fact went to university right out of high school to be a jazz saxophonist.