

# ABOUT

Sheldon Rayner, Outreach Counsellor

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

A1. I started with Our House back in 2003 as Program Manager. In 2011 I left to pursue other opportunities and returned last September (2021). Our House has always held a special place in my heart and I'm grateful to be back and part of an amazing team!

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

A2. I'm an avid motorcyclist. I also incorporate many aspects of Indigenous spirituality into my daily life. Both passions soothe my soul.

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

A3. I grew up in a military family. As a result, I have lived and travelled in many places around the globe!