



## Hello!

My name is Anna and I am a UofC student in Community Rehabilitation and Disability Studies. My values include relational approaches to support, community, creativity, acceptance, dedication to learning, and openness. I am very excited to build supportive connections with my future clients!

**Previous Experience:** From my 4 years in the disability sector, I have experience supporting people and their families to navigate complex systems, seek improved quality of life, and feel empowered to tackle difficult transitions. As well, as someone who has experienced mental health challenges, I am equipped to meet people where they are at with understanding, empathy, and a listening ear.

**Locations served:** University of Calgary and surrounding areas. I use public transit, so it would be helpful to meet in areas that are accessible by transit.

**Can support in:** Academic and employment concerns, mental health concerns, disability, system navigation, social engagement, general support.

**Languages spoken:** English

**Interests:** Reading, creative writing, baking, going on walks, and needlework!

**Contact information:** [couillarda23@gmail.com](mailto:couillarda23@gmail.com)

**Availability:** Specific times can be discussed. In-person: Mondays, Wednesdays, and Fridays. Online or via phone/text: Tuesdays, Thursdays, and Saturdays.