

Elizabeth Warren

Name: Elizabeth (Liz)

Areas Served: University of Calgary, surrounding communities

Can support in: Mental health and wellbeing, especially regarding anxiety, stress, and coping. Can also provide support with grief, mindfulness, and being an open line of communication.

Languages spoken: English

Availability: Tuesday/Thursday 10am-2pm, 5pm-9pm. By phone between 10am-10pm

Contact information: lizzy.warren02@gmail.com or (403) 710-9890

Limits/restrictions: I live outside of Calgary so meeting in and around the university works best for me. I do also work a retail job so may not always be able to text or email right away but I will respond as soon as I can within my available hours



General Description: I am a University of Calgary practicum student in my final year of Community Rehabilitation and Disability studies. I plan to go into mental health care work after this and possibly pursue a second undergrad in Psychology! I am passionate about helping people and being able to provide support in whatever capacity I can. My goal is to support each client with their own unique needs and be someone that clients can trust and feel they can share their feelings and frustrations with.

What inspired you to become an RMHD? While this is a part of my practicum requirements, this project stood out to me from the beginning as a way of supporting individuals with mental health needs without the bureaucracy of the healthcare system.

What values impact you as an RMHD? I value openness, respect, kindness, autonomy, and acceptance. I am in this space to provide support through hearing your story and the journey you've been on.

What are some other interesting things about you? I was a competitive Irish dancer for 10 years after doing jazz and ballet for 6 years prior. I am a huge bookworm and enjoy fantasy, romance, greek mythology, and dystopian future based novels. My favourite series is A Court of Thorns and Roses, or Throne of Glass both by Sarah J Maas. I have a dog named Cody who loves anything potato and to take naps with his people.