



Ian

 (He/Him/They/Them)

Kinney, MA

Name: Ian Kinney, MA

Areas Served: Crescent Heights, Downtown Calgary or anywhere that's C-train accessible.

Can Support In: (Creative) Writing, (Post)Trauma(tic Stress), (Poly)Substance (Ab)use, Addictions, Suicidal Ideation, Disordered Eating, (Chronic)Pain, Grief, Loneliness

Languages Spoken: English and French

Availability (normally):

Mon, Tues: 1 PM - 10 PM | Wed: After 5 PM | Thurs, Fri: 1 PM - 5 PM | Sat, Sun: 1 PM - 10 PM

Grassroots Doula Website: <https://grassrootsdoula.ca/>

Limits/Restrictions: I work as the Caretaker in the building where I live, frequently attend events in the Arts and I occasionally care for my family's net-zero home: if I am attending an event, or if I am tending to my place of residence, then I may be unavailable to support you as a Doula at that time. I also have a self-care practice that helps me to manage chronic pain. I draw a clear limit if my service as your Doula prevents me from maintaining my own health.

Contact Info: igkinney13@gmail.com | 1-403-619-4348

General Description:

bisexual. settler. poet. survivor. nerd. caretaker.
author of Air Salt (U of C Press, 2019)

What inspired you to become an RMHD?

Recognizing that for me, in my life, some of the most important care that I have received has been offered up, not necessarily by Health Care Professionals, but by those with a kind heart and an open mind. We all have our stories, and if more of us found moments to share empathy, presence and resources with one another, then we could make life a lot easier.

What values impact you as a RMHD?

I value Curiosity, which I define here as the drive to ask questions, to explore and to listen to our surroundings, to ourselves, and to those around us: to learn their stories if we can. I value Consent, which I define here as asking other's permission before we act in ways that may directly involve or effect them: to respect everyone's right to say "no", leave, or not answer. I value Respect, which I define here as showing kind regard to others, acknowledging their differences, honouring their stories and their identities, respecting their privacy, and being mindful of their property.

If you could change anything about the mental health system, what would it be?

Crisis Response in Mental Health does not necessarily get people the resources that they need, such as time, presence and therapies that medical science has yet to incorporate.

What are some other interesting things about you?

Jumped from a 7 storey balcony in 2008. Biked to 34 Stampede breakfasts in 2022. Enjoys playing and talking about D&D