



Kali Hoogenboom

Name: Kali

Areas Served: Calgary

Can Support In: Various mental health challenges, disability, sexuality, resource connection, general support & advocacy.

Languages Spoken: English & French

Availability: Monday-Friday, after-hours crisis support is available on evenings/weekends.

Contact Info: kali.hoogenboom1@ucalgary.ca | 1-403-400-3247

Limits/Restrictions: I do not drive, so meet-ups accessible by transit are preferred. I am happy to commute around Calgary.

General Description:

I am a recent graduate from the Community Rehabilitation and Disability Studies Program at the University of Calgary. My background is in community support work. I have also been part of the Radical Mental Health Doula Project since 2021, where I supported the research team as a community connector to build partnerships with organizations in Calgary. I have since worked as a research assistant in various capacities on the RMHD team.

What inspired you to become an RMHD?

I have experienced personal challenges with mental health since I was a young child. Some of the labels I do choose to align with are obsessive-compulsive disorder, generalized anxiety disorder, panic disorder, depression, and alcohol/cannabis misuse. I truly believe in the doula framework and want to utilize my personal experiences, knowledge and interactions with the current mental health supports to empower others in feeling heard.

What values impact you as an RMHD?

As an RMHD, I pride myself on being patient, non-judgemental, empathetic, and creating a safe space. If you could change anything about the mental health system, what would it be?

I believe our current mental healthcare system lacks space for true human connection. I would like healthcare professionals and other supports to recognize, accept and meet individuals where they are, without having to obey strict timelines, immediate referrals and guidelines that inhibit genuine connection.

What are some other interesting things about you?

I am a devoted reality tv fan, craft-beer lover, plant mom, and thrift store enthusiast. Let's talk tattoos!