

KIMBERLY BUCKLEY



Name: Kimberly

Areas served: Live in NW, but accessible to Calgary Area

Languages spoken: English

Can support in: Family/Parenting, Domestic Violence, ADHD, PTSD, Mental Health

Availability: M, W, F 3PM-7PM Weekends 10AM – 7PM

Contact info: smerkleby@gmail.com | 403-465-0714

Limits/Restrictions: My personality is all about flexibility and collaboration. Together, we can address any limits or restrictions that may arise, finding solutions that work for both of us.

General description:

I'm a 45-year-old on a mission: to make prioritizing mental health as normal as going to the dentist. Having overcome two decades of domestic violence, I've dedicated years to my own healing and education. I hold a diploma in Family Counselling and certifications in Addictions & Community Services Work. I've supported domestic violence survivors in a peer support and mentor capacity. I am thrilled to further grow my experience as a doula. Join me on this journey!

What inspired you to become an RMHD?

I've longed to assist individuals without the limitations imposed by conventional systems. Last year, I experienced the transformative effect of having a doula firsthand. Witnessing its profound impact on my life, I knew I had to take the next step and become a doula myself.

What values impact you as an RMHD?

Community: I believe in healing and growth within a supportive community.

Authenticity: Being true to ourselves fosters genuine connections and healing.

Acceptance: Embracing diverse viewpoints enriches our understanding and fosters personal growth.

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

My greatest wish is for people to feel truly heard and for their needs to be addressed based on their individuality and current situation. It bothers me to hear practitioners aiming for the "lowest common denominator." Everyone deserves personalized care and attention.

What are some other interesting things about you?

I'm a proud mom to three teenage boys, and I adore our fur babies: Swayze, our chigi puppy, and Coco, our mouse-hunting cat. I was born and raised in Calgary and my kids are third generation Calgarians. Art in all its forms brings me joy, and I'm currently immersed in writing my first book.