

# Sara Arsenault

Co-Researcher

Hello, I'm Sara, a passionate policy advisor driven by the belief that empowering others is at the heart of meaningful change. By day, I shape policies aimed at making a positive impact in my community, and by night, I volunteer with an organization dedicated to supporting women at risk of domestic violence. These endeavours are close to my heart because they represent my commitment to creating a better world. I'm fueled by a love for learning, laughter, and encouraging people to be their authentic selves. This RMHD program plays a vital role in breaking down the stigma and barriers surrounding mental health. Together, we continue a journey towards a more compassionate, inclusive, and supportive world, advocating for positive change.

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