



BUILDING PARTNERSHIPS,
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November 11, 2014

MHFA Canada
c/o Mental Health Commission of Canada
500 – 100 Sparks Street
Ottawa ON K1P 5B7

Dear Selection Manager:

RE: Letter of Recommendation for Sarah White

Sarah White has been active in the field of accessibility for over 10 years and has been working with and for the rights of people with disabilities, including mental health disabilities during that time.

Sarah has been involved with the Abilities Centre in a number of capacities. She is the Chair of our Accessibility Advisory Committee, has assisted with the organizing of our annual conference and has provided training for staff at the Abilities Centre on both customer service and the AODA requirements.

As an educator, Sarah has excellent facilitation skills that make the content come alive for participants. She uses real life examples to illustrate key concepts and uses experiential techniques that the participants remember long after the session is over. The feedback we have had from the sessions Sarah has taught have been very complimentary, and that is coming from staff who are people with disabilities, or are working daily with people with disabilities. Even though our staff have a wealth of experience, Sarah was able to help them explore new attitudes, skills and knowledge.

I have no doubt that Sarah will make a successful instructor for the Mental Health First Aid Course and we will likely be one of her first customers.



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Lastly, Sarah is not only well equipped to teach this program, she is obviously committed to bringing awareness and a change in attitude to the participants by using her own experiences and stories.

I recommend her acceptance into the instructor program and wish her every success.

Sincerely,

Eric Storey
Director, Human Resources & IT
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