

MAREAS

Comprehensive Therapeutic Services for Children & Families



Jennifer Downie, RSSW **Family Outreach Worker**

Jennifer completed the Social Service Worker (SSW) diploma at Mohawk College, where she accomplished the award of 'Dean's List' with each semester and graduated with honors from the program. Prior to this accomplishment Jennifer worked as an entrepreneur for more than a decade in Human Services providing personal support and mental health advocacy for individuals. Specializing in the care of adults and the elderly.

Jennifer has furthered her therapeutic education at Wilfred Laurier University, in the Cognitive Behavioral Therapy certificate program, and is certified to deliver CBT (Cognitive Behavioural Therapy) for Trauma & Mental Health including, anxiety disorders & depression.

Prior to joining the Mareas team, Jennifer spent the last few years working in the educational system as an Educational Assistant supporting children with exceptionalities, in addition to her role as a relief counsellor working with individuals to end gender-based violence.

Jennifer is passionate about working to engage, empower and assist individuals, and families in reaching their full potential in these most challenging times. Jennifer's core values and beliefs are in being supportive, caring, and respectful, whilst promoting equity amongst all.

Jennifer is a registered, upstanding member of the OCSWSSW (Ontario college of social workers and social service workers).

Jennifer is the proud mom of 2 adult children. Her other lifelong passions are music, fur babies, and the occasional get away to the cottage.

"It is often the small steps, not the giant leaps, that bring the most lasting change." ~HM Queen Elizabeth II