

Facilitator:

Nancy Gibbs-Keithlin

Nancy Gibbs-Keithlin MSW RSW is a Registered Social Worker who has worked at St. Joseph's Health Centre Guelph for over 20 years. Nancy holds an Honours Bachelor Degree of Applied Science (Gerontology) from the University of Guelph and completed her Masters of Social Work degree at Wilfrid Laurier University. While Nancy currently works within the Complex Continuing Care programs, she has also worked in our community programs and in LTC. Nancy is also very involved in our Ethics program as Co-chair to the Ethics Committee.

Nancy is excited to have the opportunity to facilitate Mental Health First Aid (MHFA) training as she really sees how this course is very applicable to both within and outside of work life. The course material also highlights self-care throughout, which Nancy really believes is key to one's overall wellbeing but also helps us to continue to do the challenging work that we do.

