

THE BUILDING COMMUNITY COMPASSION



VIRTUAL SPEAKER SERIES

EPISODE #07

THURS. APRIL 29TH · 12PM-2PM

BRIDGING THE GAP: DIVERSITY & INCLUSION

“My name is Samantha Aldridge, and I moved to Huntsville, ON when I was 12 years old. I have dealt with feeling like I didn’t belong in this community for most of my life. Between being low income and being a minority I never felt welcome and even was threatened a few times. I have been on a mission in my life to improve and become part of my local community. I have started living my life for myself and not looking at people and what money others have, but instead how they act towards others. I have learned that many don’t see or understand me and so I choose to let them know who I am as a person. This has helped me develop confidence and be able to speak out and be heard when I need to. I have been involved with the YWCA and this has been a tremendous resource for me. I have grown and achieved so much with the support of my Circles (Huntsville) Community. Without their support and programming I truly don’t know where I would be today. I would love to share my story with you in hopes to help change how we welcome Diversity and help to include everyone in the community.”

There will be a community discussion following the presentation.

HOSTED BY:
SAMANTHA ALDRIDGE

TUNE IN ON ZOOM!

This webinar will be hosted on zoom.
The link to join us will be posted on our
Event Page on Facebook.

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**Canadian Mental
Health Association**
Mental health for all