

JENNIFER LIANTZAKIS

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ABOUT ME

Empowering children and youth to courageously face the challenges of life through an empathetic, strengths-based approach.

Facilitating healing, not fixing.

EDUCATION

2013 - 2014 • Humber College
Child and Youth Work Accelerated Diploma

2007 - 2011 • York University
Bachelor of Arts Degree in English

EXPERIENCE

2019 - **Hands to Heart Integrated Well-Being**

Present *Founder and Integrated Counsellor*

- Provide 1-1 Integrated Counselling to people looking to affect change in their lives
 - Integrated Counselling is comprised of talk therapy, breathwork and movement
 - Support clients through a strengths-based and client-centered approach
 - Create and facilitate community workshops and events.
- Some themes include meditation, yoga, self-regulation, ecstatic dance etc.

2015 - **Peel District School Board**

2020 *Behavioural Teaching Assistant - Cawthra Park S.S.*

- Worked closely with Contact Teacher to maintain a supportive, effective Contact Program
- Provided individual counselling addressing issues such as anxiety, depression, eating disorders, family conflict, suicidal ideation, abuse etc.
- Implemented de-escalation strategies, crisis intervention and suicide intervention independently and collaboratively
- Developed and co-facilitated a Girls Group and an inclusive Mental Health, Well-Being and Mindfulness Workshop series
- Created and implemented Positive Behaviour Intervention Plans and Safety Plans
- Connected with outside agencies to provide mental health and child protection support

Behavioural Teaching Assistant - Section 23 at Roy McMurtry Youth Centre

- Provided emotional, behavioural, crisis intervention and educational support to male youth in custody
- Co-Chair of the Bully Prevention and Restorative Practices Committee

Behavioural Teaching Assistant - Elementary

- Provided emotional, social, and behavioural support to students ages 4-13
- Provided crisis intervention, instructional support and assisted in identifying learning needs/ programs for special students with ASD and DD diagnoses
- Communicated progress, concerns and changing needs of student with teachers, administration, and parents

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2015 - Community Living - After School Respite Program

2016 *Child and Youth Worker*

- Provided respite support to children and youth, ages 5 – 21, with intellectual disabilities
- Applied Behaviour Analysis to create effective behaviour plans for clients
- Communicated with clients through visual aids and basic sign language
- Provided personal care to clients and prepared meals on a daily basis

2015 - Horizons For Youth

2016 *Case Manager/ Youth Care Worker*

- Sheltered, guided and transitioned homeless and at-risk youth, ages 16 – 24
- Case management for 20 youth, with detailed support in education, housing, and health
- Collaborated with community mental health programs to support individual needs of clients
- Provided individual counselling services, intake and assessment, and crisis intervention

2015 Camp Kodiak - Overnight Camp

Counsellor

- Provided 24-hour support and supervision to children and youth, ages 6 – 18, with ADHD, LD, NLD, and High-Functioning Autism.
- Supported clients to understand and improve social skills, constructive behaviour, confidence, and personal hygiene
- Provided academic tutoring, activity planning and instructing, and crisis intervention

2015 - The George Hull Centre For Children and Families

2016 *Child and Youth Worker*

- Worked in a therapeutic residential setting supporting male youth ages 13 – 19 with a range of mental health diagnoses
- Created and facilitated a 7-week self-care program to encourage physical, emotional, and psychological well-being
- Engaged youth in life-space counselling and utilized crisis intervention strategies within the residence and in the community

REFERENCES AVAILABLE UPON REQUEST

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ADDITIONAL QUALIFICATIONS

2020	Adult, Infant, and Child (C) CPR
2020	Standard First Aid
2019	Movement for Trauma
2019	Dialectical Behaviour Therapy
2018	Applied Suicide Intervention Skills
2018	YogaFit for Warriors – PTSD & Trauma
2018	Trauma Informed Practices
2017	De-Escalation and Personal Safety (PPI)
2017	Safe Food Handling
2017	YogaFit Foundations
2017	Prison Yoga Project
2017	Power Yoga Canada – Assisting Intensive
2016	Restorative Practices
2016	Yoga, Mindfulness, and Self-Care
2016	Effective Strategies for Developing Independence
2016	PDSB Module I: The Difference We Make
2016	PDSB Module II: Successful Practices
2016	PDSB Module III: Dealing With Student Behaviour
2016	PDSB Module IV: Supporting Inclusion and Independence
2016	Reading for Students with ASD
2015	Non-Violent Crisis Intervention
2014	Therapeutic Crisis Intervention
2014	Understanding and Managing Aggressive Behaviour