



OSRP Board of Directors Profiles 2022-2023

Name: Alethia Cadore, (she/her) BA Cyc(P), MA, RP CRPO# 004977

Educational Degrees, Certificates:

- Certified Child/Youth Practitioner
- Restorative Justice Mediator

Psychotherapy Orientation:

- CBT and DBT
- Psychodynamic, Attachment
- AfroCentic- Unbuntu
- Individuals/Entrepreneurs (18-35+) who are facing challenges throughout various stages in their career and/or personal life causing emotional distress.
- Helping to remove the barriers that hold clients back and to set goals so that they can lead with confidence.
- Offers therapeutic workshops, 1:1 counselling and 12 course module on work-life balance

Certifications:

- Registered Psychotherapist, College of Registered Psychotherapists of Ontario, #4977
- OACYC Ontario Association of Child youth Practitioners

Professional Affiliations:

- Clinical Member, OSRP < CRPO & OACYC

Organizational Experience:

- Mental Health advocate
- Supports three Community Organizations dedicated to increasing awareness about the Mental Health of the Black Family

Special Interests:

- Created the podcast MindsIlike to honour BIPOC Wellness Professionals who practice in the
- Health/Wellness Field (mind/body/spirit). This space is dedicated to Professionals who incorporate CBT into their therapeutic modality to achieve desired outcomes.
- Being a change agent who is radical about self care/wellness/healing as part of a balanced life!