

Anmol Samson

RELEVANT SKILLS AND ASSETS

- **Human-centered design:** Over 3 years of experience developing, delivering, and assessing wellness-based programming for queer and racialized youth.
- **Communication:** Experience in content strategy - storytelling, SEO, Collaborative analysis, and content strategy
- **Design:** Proficient experience in Adobe Photoshop, InDesign, Canva, Figma, and other design applications.
- **Psychotherapy:** 2+ years experience in providing one-on-one mental health support and creating curated wellness plans.

EDUCATION

CENTENNIAL COLLEGE, Toronto, ON

Interactive Media Management Post-Graduate Certificate

January 2022 – Present

HUMBER COLLEGE, Toronto, ON

Addictions and Mental Health Post-Graduate Certificate

January 2019 – December 2019

LAKEHEAD UNIVERSITY, Orillia, ON

Honours Bachelors of Arts and Science

September 2014 – October 2018

WORK EXPERIENCE

MAPLE, Customer Support Representative

January 2022 – Present

- Virtually support B2C and B2B clients with all Maple-related inquiries regarding account information, partnerships, onboarding and eligibility, and technical issues to ensure clients receive the care they need
- Provide support to Maple providers with technical issues, onboarding, coaching, and client cases to ensure providers feel comfortable on Maple and are able to provide Maple patients with care

STELLA'S PLACE, Peer Supporter & Group Facilitator

May 2019 – September 2021

- Facilitated various wellness-based programming such as Stella's Studio, Fitness and Yoga, and DBT Refresh
- Supported in-crisis participants with mental health & substance use concerns through in-person and online peer support sessions via app, Bean Bag Chat, by using own lived experience and acquired counseling skills to empower and instill hope

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