



**Christina M. Fuda, M.A.**

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Christina Fuda is the mental health training coordinator at Ontario Shores Centre for Mental Health Sciences. She has trained thousands of people across Canada through various mental health workshops and seminars. Christina has presented at several International Foundation conferences and has been asked to speak on how to improve workplace mental health. During her time at Ontario Shores, she has been a key stakeholder in developing partnerships between Ontario Shores and organizations such as General Motors, Honda, Ontario Power Generation, the City of Toronto and many others. Christina has a master's degree in neuroscience and a bachelor's degree in psychology. Her mission is to use her knowledge to continue educating people about the importance of developing a mentally healthy and safe work environment.