

SIMONE JENNIFER SMITH
MENTAL HEALTH PROGRAM DIRECTOR



Promoting Positive Community and Mental Health Development in Canadian Neighborhoods

We, as humans are guaranteed certain things in life: stressors, taxes, bills and death are the first thoughts that pop to mind. It is not uncommon that many people find a hard time dealing with these daily life stressors, and at times will find themselves losing control over their lives. Simone Jennifer Smith's great passion is using the gifts that have been given to her, to help educate her clients on how to live meaningful lives. The Hear to Help Team consists of powerfully motivated individuals, who like Simone, see that there is a need in this world; a need for real connection.

As the founder and Director of Hear 2 Help, Simone leads a team that goes out into the community day to day, servicing families with their educational, legal and mental health needs. While devoting her full time to teaching privately, Simone Jennifer currently writes for one of the fastest growing community newspapers, The Toronto Caribbean, as well as co-hosting a radio show on Carib101 Radio without Boundaries.

Simone Jennifer was one of the recipients of the 2016 Ontario Role Model of the Year Award; she stays dedicated to her passion for psychological well-being, and actively works with Dr. Lilian and Paul Wong, two of the leading meaning centered psychologists in Canada. Simone is a member of the International Network of Personal Meaning, and continues to upgrade her education by attending psychological seminars, and conferences. Simone has successfully written an Honours Thesis on Sexual Stereotypes found in Language, as well as a Master's Thesis on The Life of a Promiscuous Adolescent. Simone had the opportunity to present her Honours Thesis at the Undergraduate Thesis Convention held at the University of Toronto in 2005.

Beyond the significant amount of time, Simone has invested in her education, she has also engaged in a number of other community-based ventures. She has spoken frequently at churches and educational venues about learning development and mentoring, and is currently focused on developing Hear 2 Help to be one of the largest Community Development Companies in Canada.

She has very positive social and communitarian views and has an excellent political understanding and wisdom which always benefits who look for her advice.

Presently she is affiliating at Canadian Human Rights International Organization (CHRIO), as Mental Health Program Director, Goodwill at CHRIO. In addition, she is member of the Collective Human Rights Defenders "Laura Acosta" International Organization COHURIDELA.