

## Biography



### **Facilitator: Maria Lo (she/her)**

Maria Lo has over 27 years of experiences working with immigrants from diverse cultural backgrounds. She has substantial knowledge on the myriads of obstacles, challenges and stresses derived from the migration process and how these impact on immigrants' mental health, and ultimately on the overall health. Maria has worked with victims of family violence, isolated seniors and newcomer youths as well as possessed over 15 years of experiences in implementing, organizing and facilitating groups with diverse purposes, e.g. stress reduction group for consumers, women's support group, develop curriculum of the mental health training series as well as delivering trainings for settlement sectors etc. Maria obtained her bachelor's degree in social sciences at University of Western Ontario and other certifications include Certified Nonviolent Crisis Intervention instructor, Mental Health First Aid, ASIST (applied suicide intervention skills training), Narrative Exposure Therapy, Defusing anger, Resistance and Hostility, and WRAP (wellness recovery action plan).

Maria is currently working at Hong Fook Mental Health Association as the training coordinator since Oct. 2008.

**\*This document is available in alternate formats upon request.**