

Suzanne Witt-Foley

Professional Speaker & Educator

MakingConnections4Health

Building Relationships, Fostering Community, Creating Well-Being



Suzanne is a dynamic and experienced speaker and educator, having created and delivered hundreds of presentations. Passionate to build understanding about mental health and addiction, she engages her audience by exploring our fast paced, toxically stressed culture and why now, more than ever, building relationships and community connectedness is essential to our wellbeing. As an innovator in knowledge exchange, training and education, Suzanne has over 25 years of experience in community development and capacity building.

Recently, Suzanne was honored to co-present with world renowned Canadian addiction expert, Author and Speaker, Dr. Gabor Mate at the Grounding Trauma 2016 National conference. She is a contributing author in a new self-help book by [Elke Scholz](#) titled, "Anxiety Warrior". In the book, Suzanne presents a chapter on "The Power of Connection".

Suzanne was employed as a community consultant for the Centre for Addiction and Mental Health (CAMH) for over 16 years and has worked in a variety of other settings in Ontario, and Eastern Canada. Suzanne is currently one of Ontario's leading Mental Health First Aid Instructors and has provided over 125 Mental Health First Aid training events since January 2014, certified close to 3000 participants with glowing reviews. Suzanne provides parent education for Muskoka Family Focus and has played an instrumental role in the ongoing development and implementation of Muskoka Strengthening Families, a unique family program where parents and children work together to strengthen the quality of their relationship. She is a Getting Ahead program facilitator for Bracebridge Out of the Cold initiative, a Bridges Out of Poverty Instructor and a consultant for provincial organizations; Parent Action on Drugs and Healthy Communities (HC) Link.

Suzanne has volunteered her time with Dominican Crossroads providing support to Haitian refugees, the Costa Rica Wildlife Rescue Centre, Big Brothers/Sisters of Muskoka, The Centre for Addiction and Mental Health Constituency Council and the Simcoe Muskoka LHIN Chronic Disease Prevention Committee. Suzanne is a kidney donor and is also an "informal" Big Sister to a young boy in Muskoka and enjoys a strong mutually beneficial relationship with him and his family.

Suzanne lives in Bracebridge with her partner David and their blended family. One of her most important and ongoing "collaborative endeavours" is participating in growth and development of all four of their kids.

Learn more about Suzanne's work at www.suzannewittfoley.com