

DISTRICT 11

Gizelle de Guzman

Gizelle has been a trailblazer in the drive to change the way people think about mental illness and addiction. She volunteers at every opportunity with organizations and programs that support those living with mental illness, such as the Mental Health Foundation of Nova Scotia, the Canadian Mental Health Association Community Coffee House, and the NSCC Wellness and Joint Occupational Health and Safety Committees. Her resiliency and joie de vivre are an inspiration to all. She is an individual who is helping improve the mental health literacy of our community while providing hope and eradicating the stigma surrounding mental illness and addiction. We are incredibly fortunate to have such a brilliant and generous young woman as Gizelle making a difference in our community.

