



Anuschka Naidoo

NEW MEMBER:
January 2016

Hometown:
Edmonton, AB

Current Community:
Vancouver, BC

Inspiration

From a young age, my dad inspired me to get involved in my community and give back. As kids, my siblings and I donated our allowance to fostering a little boy in Ethiopia. I value contributing my time and resources to building a healthier and more connected community.

Fun Fact

I feel blessed and fortunate to have traveled to six out of seven continents in the world. Next stop, Antarctica!

What do you hope to achieve on the Council?

I aim to bring my education, experience, and thoughtful judgment to Council deliberations on the applications, so that we can continue to see the positive outcomes that the Coast Capital Community Investment Grants for Youth have in the Metro Vancouver region. I am also looking forward to meeting like-minded young leaders in my community.

What accomplishment are you most proud of to date?

I am most proud of graduating from the University of Victoria with my Master of Arts in Counselling Psychology. My education has allowed me to develop the skills necessary to support people overcome their challenges and build the confidence to move towards a brighter future.

Bio

Anuschka Naidoo has earned a Bachelor of Arts in Psychology, and completed her Master of Arts in Counselling Psychology from the University of Victoria. A counsellor for several years, Anuschka has worked with youth and adults suffering from anxiety and depression, individuals who have faced trauma, and adults who are overcoming substance abuse. Currently, Anuschka works as the Manager of Mental Wellness Programs at the Robert Lee YMCA – and runs programs that support youth with anxiety and adults with depression.

Through her work at the YMCA, Anuschka spearheaded a new program called The Youth Mindfulness Group, a program for youth aged 18 to 30, who experience symptoms of anxiety. Anuschka and her co-workers created a seven week psycho-educational and support group to help youth build skills in controlling their anxiety.

Anuschka is passionate about community service and supporting individuals as they overcome challenges, develop their strengths and skills, and move forward in their lives. She looks forward to contributing her experience to the Metro Vancouver Young Leaders Community Council.



At a vineyard in Anuschka's favorite place in the world - Cape Town, South Africa.