

Rhonda M. Frank

Cell: 902.222.5227 • E-mail: RhondaFrank@ArtsyFartsy.ca

EMPLOYMENT

Peers Support Specialist

Mental Health and Wellness Nova Scotia CIC

Peer Support Specialist, Founder, and Director of mental health and wellness initiative serving the province of Nova Scotia.

October 2020 to Present

Porters Lake, Nova Scotia

Artist/Educator/Business Owner

ARTSY FARTSY

Sole owner and instructor of an art studio offering paint events, drawing and painting lessons, web design, social media marketing and art therapy throughout Nova Scotia.

September 2012 to Present

Porters Lake, Nova Scotia

Art Specialist (Volunteer Position)

Halifax Regional Center for Education

Volunteer art teacher/specialist for Porters Lake Elementery.

September 2012 to March 2020

Porters Lake, Nova Scotia

Business Owner/Web Designer/Web Host

WebFX HD

Owner, web host and web designer of a hosting and design company. Creating digital graphics and social media marketing for clients.

September 2002 to April 2012

Clarence Creek, Onatrio

Technical Assistant

Jacques Whitford Ltd.

Assisting the Manager of the Materials Engineering Division, preparing detailed technical proposals and reports, concrete analysis and reporting, and support of laboratory operations.

March 1998 to March 1999

Ottawa, Nova Scotia

Property Manager

Cousins Ltd.

Daily maintenance and complete management of 60 unit apartment complex.

March 1997 to March 1998

Halifax, Nova Scotia

Materials Administrator and Manager

DynaTek Automation Systems

Daily management and evaluation of 14 staff members. Creating and analysing stock reports for computer hardware and software elements, forecasting, negotiating pricing and ordering of materials internationally from various suppliers, and working with sensitive state-of-the-art technology.

May 1996 to March 1998

Bedford, Nova Scotia

Admin Assistant/Accountant/Inventory Controller

Nova Scotia Community College, Lunenburg Campus

Ordering student textbooks, shipping and receiving, inventory of texts, creating stock reports and working with provincial auditors. Complete inventory of college and GED Upgrading premises. Accounts receivable and payable, general reception, preparing business documents and financial statements, petty cash, and receiving student tuition.

September 1994 to May 1996

Bridgewater, Nova Scotia

Retail Sales/Supervisor

Super Video

Supervision of staff members, selling and renting films to the general public. Working cash, completing cash flow forms, balance sheets and deposits. Hiring of staff members. Computer back-ups and operation of surveillance video equipment.

January 1993 to October 1995

Bridgewater, Nova Scotia

Canine Registrar

SPCA Municipality of Lunenburg

Registration of canines within Lunenburg County District, Nova Scotia.

April 1992 to September 1994

Bridgewater, Nova Scotia

Ceramicist

Cove Ceramics

Pouring clay into moulds, removing pieces from moulds and firing. Cleaning and sanding of ceramic pieces. Detailed painting and decorating of ceramics, wood and glass objects.

April 1990 to April 1995

Bridgewater, Nova Scotia

EDUCATION & TRAINING

eCommerce Course <i>Strategy Up</i>	June 2023 <i>Online Course</i>
Social Media for Business Course <i>Floicial Digital Marketing</i>	March 2023 <i>Online Course</i>
Mental Health First Aid – Canada Certificate RENEWAL <i>Mental Health Commission of Canada</i>	February 2023 <i>Musquodoboit Harbour, Nova Scotia</i>
Cognitive Behavior Therapy Diploma <i>Alison</i>	January 2023 <i>Online Course</i>
Healing with the Arts <i>University of Central Florida</i>	December 2022 <i>Online Course</i>
Trauma Awareness Certificate <i>Alive and Well Communities</i>	November 2022 <i>Online Course</i>
Conflict Resolution <i>Old School Gathering Place</i>	October 2022 <i>Musquodoboit Harbour, Nova Scotia</i>
SUDSE 2 – Substance Use Disorder Support Education <i>Nova Scotia Health</i>	October 2022 <i>Online Course</i>
Anger Management and Conflict Resolution <i>Alison</i>	September 2022 <i>Online Course</i>
ASSIST – Applied Suicide Intervention Skills Training <i>Canadian Mental Health Association & LivingWorks</i>	September 2022 <i>Musquodoboit Harbour, Nova Scotia</i>
SUDSE – Substance Use Disorder Support Education <i>Nova Scotia Health</i>	May 2022 <i>Online Course</i>
Trauma Informed Care <i>Crisis Prevention Institute</i>	September 2021 <i>Online Course</i>
Certified Peer Support Training Certificate <i>Mental Health Innovations & Peer Support Nova Scotia</i>	May 2021 <i>Online Course</i>
Taking Charge of Your Stress <i>Nova Scotia Health</i>	May 2021 <i>Online Course</i>
TASC Suicide Prevention Program <i>LivingWorks</i>	June 2021 <i>Online Course</i>
CBT with Non-Suicidal Self-Injury <i>The Association for Psychological Therapies</i>	April 2021 <i>Online Course</i>
Diversity, Equity, and Inclusion (DEI) <i>Non Profit Ready</i>	March 2021 <i>Online Course</i>

Advanced Childhood Experiences Training <i>Public Health Ontario</i>	February 2021 <i>Online Course</i>
Teen Mental Health Depression & Self-Harm <i>Consumer Connections</i>	February 2021 <i>Online Course</i>
Youth Mental Health and Substance Use <i>Consumer Connections</i>	February 2021 <i>Online Course</i>
Providing Affirmative Peer Services to LGBTQ2+ <i>York Hills Centre For Children, Youth And Families</i>	February 2021 <i>Online Course</i>
Overdose Prevention and Response Training <i>Bureau of Alcohol and Drug Use Prevention, Care & Treatment</i>	January 2021 <i>Online Course</i>
Naloxone Training <i>Bureau of Alcohol and Drug Use Prevention, Care & Treatment</i>	January 2021 <i>Online Course</i>
Suicide, Violent Behavior and Substance Abuse Course <i>Alison</i>	January 2021 <i>Online Course</i>
Supporting Survivors of Sexual Violence Certificate <i>Nova Scotia Department of Community Services</i>	January 2021 <i>Online Course</i>
Youth Mental Health First Aid Certificate <i>National Council for Behavioral Health USA</i>	January 2021 <i>Online Course</i>
Dialectical Behavior Therapy Training Certificate <i>Dr. Andrew Bien, PHD, LCSW, D'Youville College</i>	January 2021 <i>Online Course</i>
Group Facilitation for Peer Supporters Certificate <i>Mental Health Association of New Jersey</i>	January 2021 <i>Online Course</i>
Facilitating Online Peer Support Groups Certificate <i>Mental Health Association of New Jersey</i>	January 2021 <i>Online Course</i>
Stronger Together: Children's Mental Health <i>BayCare Behavioral Health</i>	January 2021 <i>Online Course</i>
Wellness Recovery Action Plan <i>Northern California Land Trust - Copeland Center</i>	January 2020 <i>Online Course</i>
Introduction to Body Language <i>Alison - NPTEL</i>	December 2020 <i>Online Course</i>
Addiction 101 - Advanced Diploma <i>CAMH</i>	December 2020 <i>Online Course</i>
Mental Health 101 - Advanced Diploma <i>CAMH</i>	December 2020 <i>Online Course</i>
Mental Health First Aid USA Certificate <i>National Council for Behavioral Health USA</i>	December 2020 <i>Online Course</i>
Peer Support Training Certificate <i>Mental Health Association of New Jersey</i>	October 2020 <i>Online Course</i>

Psychology of Art and Creativity

University of Central Florida

April 2020

Online Course

PACC – Parents As Career Coaches Training

Province of Nova Scotia

March 2019

Gaetz Brook, Nova Scotia

SafeTALK Suicide Alertness Certificate

LivingWorks

February 2019

Musquodoboit Harbour, Nova Scotia

Trauma-Informed Expressive Arts Therapy

Expressive Arts Therapy Institute

January 2019

Online Course

Mental Health First Aid – Canada Certificate

Mental Health Commission of Canada

December 2018

Musquodoboit Harbour, Nova Scotia

Business Diploma

Nova Scotia Community College, Lunenburg Campus

Received business diploma with full accounting credit. Received Order of the Eastern Star Award for active participation in college life. Vice President of the Students' Union, Founder and Chairperson of the Peer Support Committee, and Chairperson of Graduation Committee.

September 1993 to June 1994

Bridgewater, Nova Scotia

Advanced Income Tax Course

Revenue Canada

February 1994

Bridgewater, Nova Scotia

Grade 12 Academic

Park View Education Center

Received Park View Leaving Certificate for maximum amount of complete credits. Chairperson of the Art Committee, chairperson of Photography Committee, member of Graduation Committee, Founder and Chairperson of Peer Counseling Committee and Go-Green Environmental Committee. Recipient of Vice Principals Choice Award. Received First Place in High School Division, First Place in All Divisions and Best of the Best awards from S.H.A.I.D. Nova Scotia for photography.

September 1990 to June 1993

Bridgewater, Nova Scotia

VOLUNTEER WORK

EMACC Volunteer

Big Brothers Big Sisters

February 2023 to June 2023

Dartmouth, Nova Scotia

Making Waves for Mental Health Award

Nova Scotia Health

October 2020 and February 2023

Halifax, Nova Scotia

Provincial Council of Chairs

Nova Scotia Provincial Community Health Board

September 2022 to Present

Halifax, Nova Scotia

Central Zone Chair

Nova Scotia Central Zone Community Health Board

September 2022 to Present

Halifax, Nova Scotia

Chair & Member

Eastern Shore Musquodoboit Community Health Board

May 2018 to Present

Porters Lake, Nova Scotia

Member

Halifax Chamber of Commerce

October 2022 to Present

Halifax, Nova Scotia

Canadian Alcohol Policy Evaluation Member

CAPE Canada

May 2022 to Present

Canada

Open Doors Youth Group Facilitator

Old School Community Gathering Place

May 2021 to Present

Musquodoboit Harbour, Nova Scotia

Team Member & Digital Marketing Specialist

Nova Scotia Alcohol Policy Coalition

April 2021 to Present

Nova Scotia

HRM Municipal Volunteer of the Year Award

HALIFAX

March 2020

Halifax, Nova Scotia

Nova Scotia Provincial Volunteer of the Year Award

Province of Nova Scotia

March 2020

Halifax, Nova Scotia

Member

Porters Lake Business Association (Improvement District)

July 2020 to Present

Porters Lake, Nova Scotia

Founder and Chair

Porters Lake Business Association (Improvement District)

October 2018 to December 2019

Porters Lake, Nova Scotia

Vice President/IT Specialist/Rental Agent

Porters Lake Community Center

May 2018 to December 2019

Porters Lake, Nova Scotia

Musquodoboit Harbour Round Table

Capital Health

February 2015 to Present

Musquodoboit Harbour, Nova Scotia

School Advisory Council Vice Chair

Gaetz Brook Junior High School

September 2018 to June 2019

Gaetz Brook, Nova Scotia

Volunteer Elementary Art Instructor

Porters Lake Elementary School

September 2012 to March 2020

Porters Lake, Nova Scotia

Art Club Instructor

Gaetz Brook Junior High School

October 2018 to June 2019

Gaetz Brook, Nova Scotia

Board Member

Eastern Shore Addiction Awareness - Capital Health

September 2013 to February 2015

Musquodoboit Harbour, Nova Scotia

School Advisory Council Chair <i>Porters Lake Elementary School</i>	September 2012 to June 2016 <i>Head of Chezzetcook, Nova Scotia</i>
Parent School Association President <i>Porters Lake Elementary School</i>	September 2012 to February 2014 <i>Head of Chezzetcook, Nova Scotia</i>
Volunteer Librarian Assistant <i>Porters Lake Elementary School</i>	September 2012 to June 2016 <i>Head of Chezzetcook, Nova Scotia</i>
Volunteer Elementary Art Instructor <i>Rockland Public School</i>	January 2009 to June 2011 <i>Rockland, Ontario</i>
Food For Thought Program Creator/Manager <i>Rockland Public School</i>	September 2009 to June 2011 <i>Rockland, Ontario</i>
Volunteer Early Literacy Support Specialist <i>Rockland Public School</i>	September 2008 to June 2011 <i>Rockland, Ontario</i>
Volunteer Teaching Assistant <i>Rockland Public School</i>	September 2008 to September 2011 <i>Rockland, Ontario</i>
Administrative Coordinator/Volunteer Camp Leader <i>Cub Scouts of Canada</i>	Summer of 1994 - 1996 <i>Bridgewater, Nova Scotia</i>
Vice President of Students Council <i>Nova Scotia Community College - Lunenburg Campus</i>	October 1993 – June 1994 <i>Bridgewater, Nova Scotia</i>
Order of the Eastern Star Award Recipient <i>Order of the Eastern Star NS and PEI</i>	June 1994 <i>Nova Scotia</i>
Chairperson of Graduation Committee <i>Nova Scotia Community College</i>	November 1993 to June 1994 <i>Bridgewater, Nova Scotia</i>
Peer Support Group Founder <i>Nova Scotia Community College</i>	September 1993 to June 1994 <i>Bridgewater, Nova Scotia</i>
Vice President of Students Union <i>Park View Education Center</i>	September 1992 to June 1993 <i>Bridgewater, Nova Scotia</i>
Founder/President of Art Group <i>Park View Education Center</i>	September 1991 to June 1993 <i>Bridgewater, Nova Scotia</i>
Peer Support Group Founder <i>Park View Education Center</i>	September 1991 to June 1993 <i>Bridgewater, Nova Scotia</i>
Volunteer Canvasser <i>Kidney Foundation, Heart and Stroke Foundation, Cancer Society, Lung Association of Nova Scotia</i>	1985 to 1997 <i>Bridgewater, Nova Scotia</i>

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REFERENCES

Lesley MacGee, *Coordinator*

WellBeing Hub

7962 Nova Scotia Trunk 7
Musquodoboit Harbour, Nova Scotia B0J 2L0
(w) 902-889-2735
(c) 902-401-1915
(e) oldschoolhubs@gmail.com

Kathy Spearing, *Youth Skills*

The Old School Community Gathering Place

7962 Nova Scotia Trunk 7
Musquodoboit Harbour, Nova Scotia B0J 2L0
(w) 902-889-2735
(c) 902-305-4783
(e) kyessone@gmail.com

Debbie Farrell, *Youth Skills*

WellBeing Hub

7962 Nova Scotia Trunk 7
Musquodoboit Harbour, Nova Scotia B0J 2L0
(w) 902-889-2735
(c) 902-488-7460
(e) dfyesstwo@gmail.com

Heather McKay, *Principal*

Gaetz Brook Junior High

6856 Hwy 7
Gaetz Brook, Nova Scotia S B0J 2L0
(w)902-827-4666
(c)902-465-2242
(e) hmckay@hrce.ca