Deborah Alabi

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Education

University of Winnipeg — Winnipeg, MB

B.A. Honours Psychology & Minor in English — *Expected June 2026*

- Undergraduate Thesis: Alexithymia and Attention-Emotion Interactions, 2025–2026
- Research focus: Emotion, Cognition & Behavior, attention, PTSD, grief, mental health policy, community psychology.
- Dean's Honours List (2023–2024)

Experience

Newcomer Case Management — Dec 2025 – Present

Resilia Community Wellness Centre (formerly Aurora Family Therapy Centre) — *Winnipeg, MB*

- Conducted client assessment to identify financial and social needs and developed individualized case plans to support access to income assistance and settlement services.
- Supported clients in navigating income assistance programs by completing applications, verifying eligibility, and ensuring accurate documentation, improving timely access to benefits.
- Connected clients to job training, language, programs and community resources to improve employability and financial independence.

Volunteer Program Coordinator — Oct 2025 – Present

African Immigrants Settlement in Canada (AISIC) — *Winnipeg, MB*

- Implemented evidence-based psychological practices across youth and family mentorship programs and strengthened skill acquisition programs.
- Assisted with the coordination of services and supported volunteers through structured training and supervised service opportunities.
- Contributed to culturally responsive community led initiatives focused on settling African newcomer immigrants.

Sale's Associate — Nov 2023 – Present

ZARA (Inditex) — *Winnipeg, MB*

- Delivered consistent, client-centered service in a fast-paced, high-volume environment, responding calmly to diverse needs and concerns.
- Adhered strictly to organizational policies related to safety, security, and confidentiality.
- Demonstrated strong attention to detail, organization, and professionalism under pressure.

Student Mentor (Practicum) — Oct 2023 – 2025

New Directions for Children, Youth, Adults & Families — *Winnipeg, MB*

- Provided emotional and practical support to clients experiencing complex social and mental health challenges.
- Assisted clients in developing life skills and coping strategies in a trauma-informed manner.
- Collaborated with interdisciplinary professionals to ensure appropriate care and referrals.
- Supported health-related routines and promoted wellness-focused behaviors.

Researcher — Nov 2023 – Jun 2024

Newcomer Youth Participatory Action Research Project (IRCOM) — *Winnipeg, MB*

- Conducted interviews, focus groups, and surveys with newcomer and refugee youth.

- Assisted with assessment of barriers related to settlement, education, and justice systems.
- Prepared reports and presented findings to government representatives and community stakeholders.
- Applied ethical research standards and maintained confidentiality of sensitive information.

Skills

Core Competencies:

- Trauma-Informed Care & Crisis Support
- Counseling & Conflict Resolution
- Cross-Cultural & Newcomer Support
- Risk Assessment & Case Planning
- Group Facilitation & Community Outreach
- Professional Documentation & Reporting
- Confidentiality & Ethical Practice
- Client documentation & reporting systems

Technical Tools:

- Productivity & Case Documentation: Microsoft Office Suite (Word, Excel, PowerPoint, Outlook),Zoom, Slack, Genially
- CARMIS
- Data & Research: SPSS, Qualtrics
- Visual & Digital Content: Canva, Capcut

Certifications

- Certificate in Applied Psychology (in progress)
- Crisis Counselling Skills Training — Klinic
- HRPP-E Facilitator (Healthy Relationships Plus Program – Enhanced)
- TCPS 2: CORE — Research Ethics Certification
- CPR C & AED (First Aid)
- Food Handler Certification

Leadership & Involvement

Student Fellow | ***PRIME Student Fellowship*** 2025-2026

- Collaborated with community-based organizations and stakeholders to advance evidence-based policies and mental health initiatives.

Volunteer | ***Siloam Mission*** 2025

- Supported individuals experiencing housing and food insecurity through compassionate, respectful service while maintaining confidentiality and professionalism.

Presenter | ***Youth Perspectives on Addressing Racism in Schools — IRCOM Conference*** 2023-2024

- Presented community-based research examining systemic barriers affecting newcomer youth, with recommendations to inform policy, education, and settlement supports.

Fundraiser | ***Plan Canada, Special Olympics, Doctors Without Borders*** 2022

- Exceeded fundraising targets by executing strategic donor outreach and data-driven campaign planning aligned with organizational priorities.

Delegate | ***International Model United Nations Online Conference 23. 0*** 2020

- Represented an assigned country at an international online UN simulation, conducting policy research, delivering formal speeches, negotiating resolutions, and collaborating with global delegates to address complex international issues.

Head of Partnership & Sponsorship | ***TEDxBowenUniversity*** 2020

- Built and maintained collaborative relationships with organizations and community partners; coordinated stakeholder engagement and managed sensitive communications in a high-responsibility, team-based environment.