

# Cynthia Breadner *B.A HON, M.DIV*

Bradford, Ontario

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## PROFILE

- 12+ years of progressive spiritual and elder care experience, providing support and guidance in both private and group settings.
- 5+ years' experience in a hospice setting, providing in-person and virtual support to patients and their families.
- Proven commitment to developing my passion of caring for others through continuous education and learning in all Bio-Psycho-Social-Spiritual fields.
- Member of the Canadian Association for Spiritual Care Association (CASC – insured)
- Active volunteer in community outreach, grief and hospice settings

## EDUCATION

**Masters of Divinity** 2013  
University of Toronto, Knox/Emmanuel College, Toronto, ON

**Bachelor of Arts (Honours) - Gerontology and Religious Studies** 2009  
*Cum Laude Graduate*  
Laurentian University, Sudbury, ON

## PROFESSIONAL DEVELOPMENT

**Traumatic Incident Reduction (TIRA.org)**  
Applied Metapsychology

**Introduction to Counselling 15 hrs.**  
**Contemplative Care at End of Life 15 hrs.**  
Toronto Centre (TCAB) : Facilitator Linda Hochstetler MSW

**Death Doula Certificate**  
IAP Career College

**Complicated Grief and Trauma Skills Building Education**  
**Approaches to Advance Care Planning and Goals of Care**  
**Processing Trauma and Grief with Families including First Nations**  
Hospice Palliative Care Ontario

**Fundamentals of Hospice Palliative Care**  
Hospice 30 hours Training, Newmarket, On. (Re-Cert) Barrie, On. (2013)

**Leadership in Long-term care and Retirement Living Certificate**  
Conestoga College, Kitchener, ON

### CanFitPro Specializations

- Fitness Instructor Specialist
- Personal Trainer Specialist
- Health and Weight Loss Coach

CanFitPro, Toronto, ON (Designated and Credentials)

- Functional Movement Specialist (VON SMART Program)

**RELATED VOLUNTEER EXPERIENCE**

**Hospice Volunteer – Community Care Support**

York Region, Simcoe County and Sudbury, ON

- Currently providing grief support with Newmarket's Doane House Hospice and Margaret Bahen Hospice providing virtual and/or in person support. Supporting both one on one and group support for hospice patients and their families.
- 2008 - Vale Inco Hospice in Sudbury, provided bedside spiritual care support and family bereavement care under the direction of the Spiritual Care Coordinator.

**#GriefCafeBradford**

Bradford, ON

- Developed and implemented a drop-in café for grief work and soul repair.
- Provide a safe and confidential space to encourage healing, spiritual growth (if desired) and an environment conducive with bereavement care.
- Maintain positive and professional relationships with those who utilize this service by providing additional resources, as needed, by recognizing various needs of those who attend the café.
- Communicate and promote this service with the local community through various media outlets to grow the service and make known to the greater community that grief and bereavement care is available.

**Community Meal Initiative**

Bradford, ON

- Active board member and community support liaison.
- Participates in social support and provides additional resources to those who request or inquire about other community supports in the area.
- Contributes by cooking for approximately 25 people once per month.
- Volunteer weekly to serve the community meal, maintain safe food handling procedures and a clean safe environment for the individuals in need.
- Encourage positive and judgement free relationships with the community members who attend.

**RELATED WORK EXPERIENCE**

**Hospice – Remote/Off-site Bereavement Counsellor**

Hope House Hospice, York Region, ON

- Provide psychosocial assessment to hospice clients (bereaved and caregiver)
- Provide short-term supportive counselling for clients utilizing brief empirically validated treatment approaches such as cognitive behaviour therapy, interpersonal psychotherapy and solution-focused therapy
- Develop interventions and treatment plans with clients using a client-centered approach
- Assist clients and families with access to other community service organizations
- Collaborate with other Team Members to provide optimal support
- Maintain complete, accurate, and timely client records and care plans and discharge plan

**Chaplain (ongoing contract)**

Bradford Valley Care Community, Bradford, ON

- Provide grief and pastoral care services that support each individual resident's need and expectation.
- Monitor, evaluate and continuously improve the quality of pastoral care services provided, in conjunction with the Lifestyle Enrichment Director.
- Build comforting relationships and services which are delivered in a manner that respects choice, consent, client care and confidentiality.
- Responsible for coordinating, orienting, and evaluating other pastoral service providers for the facility.
- Preside as a resource for education, counseling, and advocacy to residents, families, and staff.

## **Caregiver/Support Person (Relief during Covid-19)**

Elden Retirement Residence, Bradford, ON

- Providing full service assisted living, hands on caregiving and support for residents during the pandemic on a part time basis.
- Engaging in resident community efforts to encourage mental, social, spiritual and psychosocial support through everyday caregiving responsibilities.
- Responsibilities include assisting residents with bathing, meal assist, dressing, toileting, hygiene and personal care assistant.

## **Cognitive Therapy Coach/Home Support Worker**

Self Employed, Simcoe County, ON

- Counsellor and Therapist for family and elder clients.
- Provide comprehensive, personalized services while upholding the highest standard of excellence – improving clients' quality of life by respecting each person's dignity and independence.
- Oversight of care services allowing for aging adults to remain in their homes as long as possible before seeking care in a formal setting.
- Ensure high standards of housekeeping and client care
- Managed customer relationships including clients and client's family members.
- Online presence and social media management, website blogging, administrative duties such as maintaining and organizing confidential electronic and physical files.

## **Pastoral Care/Pulpit Supply/Spiritual Leadership**

Across Canada

- Counsellor and therapist in spiritual care and pastoral relationships
- Specialized in trauma & grief, addictions, or couples counselling
- 2 years - St. James Presbyterian Church, North Yarmouth, Elgin County
- 6 months - Pastoral Care and Pulpit Supply, St. Andrew's United Church Beaverton
- 12 months - Work Placement, Bella Coola Pastoral Charge, Bella Coola, British Columbia
- Various faith group leadership experiences incorporating exploration of faith and spiritual journey.

## **ADDITIONAL QUALIFICATIONS AND TRAINING**

### **Cognitive Behavioural Therapy (CBT)**

Achology (Trainer/Coach – Kain Ramsay)

### **Level Up: Leadership Capacity Builder Part 1 & 2**

#### **Curriculum Development Level 1**

Choose Results (Trainer Karen Kessler)

### **CPR First Aid Level B (2019)**