

Hi, Jim Maanya!



I'm your **mental health coordinator** and **I'm here to support you.**

As international students, you've shown a lot of courage and determination to be here despite the challenges you are facing. I am confident in your ability to be successful, but sometimes it can be lonely, stressful, and tiring. If you need someone to talk to, send me an email or come see me in person!

About Me

I've always been curious about understanding how the human brain works, what makes us different from one another, how we learn, and why we act, think, or feel the way we do. To answer these questions, I went to the University of Toronto to earn a Bachelor of Science in Psychology. I learned from leading experts in the field and worked in some of their research labs to understand how we answer these questions, and what those answers mean for us. As a Master's student at Yorkville university, I learned to apply that research and theory to real-life cases. **Now, I work with students like you to help you better understand yourself and help you manage stress, anxiety, and overcome obstacles to meet your goals.**

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