



I am excited about meeting people and learning from them. Each one of us carries valuable lessons, whether we are assigned or unassigned teachers.

Helen Knott

Fort St. John, BC

First Nation - Cree and Dane Zaa Woman

Helen is a recent graduate from a Social Service Worker diploma program and intends to continue on to achieve her Bachelor of Social Work and eventually a Masters Degree. Helen has served her community by creating a youth run group, public speaking engagements, and working at an Indigenous youth center. She also enjoys writing and frequently does poetry readings at events in her community. Helen is looking forward to serving her community and working internationally in the area of community development.

I came to the Coady Institute to gain the tools and skills I'll need to help me better serve my community and aid in its holistic development. I am also very interested in learning new ways to help and empower communities and how I can play a larger role in facilitating, creating or sparking the process.

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