

# Centering Black Youth Wellbeing

Meet your Theory to Action Seminar facilitators



**YOUTHREX**  
Research &  
Evaluation eXchange



Santé mentale  
en milieu scolaire  
Ontario

School  
Mental Health  
Ontario



## CAROL WADE, MSW, PhD

Carol Wade has over 20 years of experience in the child welfare sector, and she is also a sessional lecturer in the school of social work at the University of Windsor and York University. Carol completed her Ph.D. at the University of Toronto with a focus on using a historical trauma lens to understand modern-day parenting. Carol has co-facilitated ABR training with YouthRex Research and Evaluation Design at York University. Her main area of focus is in using critical theories and pedagogies to deconstruct and challenge oppressive practices to families and young people.



## FIREDA AHMED, MSW

Fireda Ahmed is a registered social worker with the Ontario College of Social Workers and Social Service Workers. After obtaining an IB diploma, she graduated with a Bachelors of Science and a Bachelors of Social Work from McGill University and went on to complete a Masters in Social Work from Carleton University with a focus on policy and direct intervention. She is passionate about the wellbeing of women and youth, especially those from racial minority groups. As such, Fireda has worked in the area of youth protection at the Centre for Assault Prevention of Montreal and served as Chair for the Amal Center for Women. She recently worked as a school social worker and clinical supervisor at the Conseil des Écoles Publiques de l'Est de l'Ontario. Fireda Ahmed is now in private practice supporting Ontario based clients virtually in English, French and Arabic.