



**Christina M. Fuda, M.A.**

**President and Co-Founder  
The Mental Health Training Co.  
Sarasota, Florida**

**Senior Mental Health Training Strategist  
Ontario Shores Centre for Mental Health Sciences  
Whitby, Ontario**

Christina Fuda is the president and co-founder of The Mental Health Training Co. based out of Sarasota, Florida and is also the senior mental health training strategist at Ontario Shores Centre for Mental Health Sciences based out of Whitby, Ontario. She is an internationally recognized mental health trainer and public speaker with over a decade of experience improving workplace mental health awareness through education. Her mission is simple: to make mental health training accessible, practical, and impactful for both individuals and organizations. Over the years, Christina has played a pivotal role in establishing partnerships with Fortune 500 companies, such as General Motors, Honda, and Samsung, as well as smaller local municipalities and union organizations, including Ontario Power Generation, Transport Canada, IBEW, The City of Toronto, Marine Atlantic, etc. She has trained thousands of individuals across North America in workshops and seminars including Mental Health First Aid, ASIST and other customizable workshops. She holds a master's degree in developmental neuroscience psychology and a bachelor's degree in psychology. Christina continues to be passionate about using her expertise to educate diverse communities on the importance of helping workplaces foster resilience, compassion and psychological safety.