

A portrait of Theresa Fraser, a woman with long brown hair, wearing a black top and a vibrant orange and red scarf. Her glasses are perched on her head. The background is a plain, light color. To the left of the portrait is a solid blue vertical bar.

COMMUNITY SERVICES

Theresa Fraser

Child Care Worker, 1983

Owner, Lead Therapist, Changing Steps Counselling, Training and Consulting

A Professor and Child and Youth Care (CYC) Curriculum and Faculty Development Consultant in the Ontario college sector, Theresa Fraser has become a national leader and advocate for the CYC practice. She has been honoured with several awards recognizing her lifetime contributions to the field of play therapy and youth mental health, including most recently, the Monica Herbert Award by the Canadian Association for Child and Play Therapy to honor her lifetime contributions to the field of play therapy and mental health in Canada. She also received an award in 2017 for Excellence in Treatment Foster Care.