



CCNM

CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Educating naturopathic doctors
for almost 45 years

Together Again

REPORT TO THE COMMUNITY 2022





Alone,
we can do so little;
TOGETHER,
WE CAN DO SO MUCH.

HELEN KELLER

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On the front cover (left to right): Mariah Everts (third year); Thiago Cavalcante (fourth year); Larry Lu (fourth year); Jaclyn Lutchman (first year); Giulia Piccoli (second year); and Natalie Wideman (third year).

MESSAGE FROM THE CHAIR

This year's Report to the Community celebrates being together again and the joyous return to in-person learning, teaching, and working at CCNM.

From the Board of Governors' perspective, the excitement of being able to witness the students' happiness to be on campus once again, learning in classrooms together, and rebuilding social connections is infectious.

We can all agree that rebuilding partnerships with one another in a post-pandemic world – and having new partnerships to look forward to in the future – is far more enjoyable to do in person rather than virtually.

Revisiting the five ends

Welcoming a new President and CEO to the College and celebrating his arrival in person certainly provided an opportunity for me to revisit our five ends, as set out by the Board of Governors, and reflect on how these ends guide CCNM in its pursuit of naturopathic excellence.

They are:

1. Excellence in Education

Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

2. High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.



3. Excellence in Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

4. Leading Voice

Increase the awareness and trust of CCNM as a leading voice for naturopathic medicine.

5. Change Agent

Be a leader and advocate of naturopathic medicine as positive change to our health, our environment and our health-care system.

The end of my tenure

This year also marks the end of my decade-long tenure as a member of the Board of Governors. When I first joined the Board, I had my own personal end in mind – evolution. I had envisioned a curriculum that provides more opportunities for case-based learning so that students become comfortable with the skills and

knowledge required to become successful naturopathic doctors, right from their first term. We have seen that now with the successful rollout of the enhanced curriculum, led by CCNM's academic leadership at both campuses.

Evolution also reflects the maturation of the College itself. I am constantly amazed and infinitely respectful of how much the institution has grown and accomplished in the last 10 years – we are a pan-Canadian institution, with the ability to award Doctor of Naturopathy degrees at the CCNM – Toronto Campus. At the CCNM – Boucher Campus, we provide an enviable model of education that is renowned for its intimate class sizes and mentorship opportunities for students.

I'm thrilled that we are moving in a direction that favours evolution, and at a rate that superseded anything I could have foreseen when I first became a Board member.

Student success

At our core, we are an institution deeply committed to student success. And to emphasize our theme of *together again*, returning to campus, and in-person connections, I am so proud of CCNM's staff and the faculty for their spirit of collaboration and teamwork. Because of their contributions, on the frontlines and behind the scenes, we've weathered a pandemic and come out a stronger, larger, and more resilient institution.

With gratitude,

A handwritten signature in black ink, appearing to read 'Colleen McQuarrie'.

Dr. Colleen McQuarrie, ND
Chair of the Board

MESSAGE FROM THE PRESIDENT

I'm delighted to share with you our Report to the Community for 2022. The highlights and accomplishments that we profile herein represent all corners of CCNM.

Every member of the CCNM community owns a critical role in ensuring the College continues to pursue its vision and mission, provide a supportive environment for learners, and graduate knowledgeable and caring naturopathic professionals.

When I joined CCNM this past summer, there was a sense of excitement that has only increased with each passing week. The possibilities we have to make a profound difference in the lives of Canadians and our health-care ecosystem are vast and potentially limitless.

My conversations with the various naturopathic organizations, partners, and our supporters have only driven home the fact that CCNM is a highly regarded institution globally. We are in the position to affect positive change, and they are just as excited and engaged as we are.

One institution.

Two campuses. One team.

Community is a key component of CCNM because we are one team and the only pan-Canadian, accredited, naturopathic training provider in the country, with campuses in Ontario and British Columbia. We have a responsibility to provide the best in naturopathic education, research, and clinical services.

Over 20 per cent of all practicing naturopathic doctors in North America are graduates of CCNM, and we see over 45,000 annual patient visits at our teaching clinics.

Our naturopathic program also has a global reach, allowing our graduates to work or establish their own health-care clinics across the nation and around the world.

Part of what makes the College so successful is the human connection.



From an employee perspective, returning to the campus in-person (whether it was in Toronto or Metro Vancouver) reignited our collective sense of community. With virtual meeting spaces, interactions are often scheduled and impersonal. Being in-person on campus, having discussions in hallways, and collaborating in small groups forges a degree of camaraderie and the ability to grow as a community.

For our learners, who spent the last two years in online classrooms, being on campus is particularly significant. So much of the naturopathic toolkit is based on face-to-face interaction, active listening, and recognizing each person's individuality. Now that learners once again have that connection to their campus, classmates, and patients, the educational experience becomes even more special.

We are pleased to feature a variety of learners from each campus throughout this report, who all share my excitement of in-person connection and learning.

Our strategic direction

CCNM is dedicated to pursuing the five ends as outlined by the Board of Governors.

The 5P Framework (encompassing partnerships, programming, practice, participation, and planning), to be touched on further as you read through the report to the community, serves as the North Star to drive our objectives and actions in order to achieve CCNM's five ends.

The 5Ps are represented in the articles on incorporating Indigenous knowledge at both CCNM campuses, as well as the complexity of delivering an enhanced curriculum in two provinces. The article on our partnership with the Fortinos grocery chain in southern Ontario is also a wonderful example. Their approach to health and wellness is aligned with ours, and we have developed a relationship that allows CCNM to support their customers and Fortinos to promote the College at the same time.

Brighter future

We now find ourselves on the eve of our 45th anniversary. There will be even more celebrations in the coming year, and more opportunities to reflect on our growth, successes, and opportunities. I encourage you to read the stories of the extraordinary employees and students who belong to our community and discover why being together again is such an essential facet of who we are at CCNM.

My appreciation to Dr. Colleen McQuarrie, ND (who is ending her term as Board Chair), our Board of Governors, and to all internal and external supporters for their commitment to CCNM – we are building for a brighter future.

With respect and admiration for all,

A handwritten signature in dark ink, appearing to read 'Rahim Karim', with a stylized flourish at the end.

Dr. Rahim Karim, B.Sc., DC, MBA, CHE, ICD.D
President & CEO

Heralding a New Era at CCNM



DR. RAHIM KARIM PAVES THE WAY FOR A NEW CHAPTER

As the only pan-Canadian institution providing naturopathic education, clinical training, and research, CCNM is at the forefront of change and opportunity.

Led by new President and CEO, Dr. Rahim Karim, the College is poised to make a local and global impact.

A presidential installation

The installation of Dr. Rahim Karim as CCNM's 10th President and CEO took place on September 23, 2022, in the Lecture Theatre at the CCNM – Toronto Campus. The event – attended by members of various academic institutions, government, professional

associations, community organizations, CCNM employees, and students – was a wonderful opportunity to celebrate the history of the College, our accomplishments, and welcome the tremendous experience and leadership that Karim brings with him as he paves the way for a new chapter at CCNM.

As part of his installation address, Karim outlined the 5P Framework: Partnerships, Programming, Practice, Participation, and Planning, a strategic approach which will serve as the North Star to achieve CCNM's five ends.



L-R: Christine Williams, Chair of the Board of Governors for Centennial College; Dr. Karim; and Allan Freedman, Legal Counsel for the Canadian Memorial Chiropractic College.



Ann Buller, CM, President Emeritus of Centennial College, with Dr. Karim.



Dr. Colleen McQuarrie, ND (CCNM – Toronto Class of 2002), Chair of the Board of Governors for CCNM, presents Dr. Karim with the ceremonial robe of office.

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“I want to express my appreciation to all that have been affiliated with the institution’s history and those that continue to support or serve. As we move forward, I am truly excited about our future and the work we will do together. I invite participation from all – our partners, employees, and students. Together, working collaboratively, we will continue to grow this fine institution, build our global reputation and reach, and strengthen naturopathic medicine.”

Dr. Rahim Karim, B.Sc., DC, MBA, CHE, ICD.D
President & CEO





1. L-R: Janelle Tyme (third-year student, VP Internal for the NSA); Katherine Barbaccia (third-year student, CCNM – Toronto Campus Student Governor); Danyelle Lachowich (fourth-year student, NSA President); Dr. Karim; Jeff Martineau (fourth-year student, CCNM – Boucher Campus Student Governor); and Shreya Mistry (third-year student, VP Campus Life, NSA).
2. Dr. Karim with Dr. Artie Ng, Dean of International Business University.
3. Sheref Sabawy, MPP for Mississauga Erin Mills, delivers remarks at the Installation.
4. Dr. Karim with Dr. Heidi Standeven, ND (CCNM – Boucher Class of 2018), member of the Board of Governors.
5. Joe Mihevc, representative of Spadina – Fort York on the Toronto City Council, speaks at Installation.
6. Dr. Karim with Dr. David Wickes, President of the Canadian Memorial Chiropractic College.
7. Vincent Ke, MPP for Don Valley North.
8. Véronique Henry, JD, Dean of the School of Community and Health Studies at Centennial College, with Dr. Karim.
9. Shelley Carroll, Toronto City Councillor for Don Valley North, speaks at the ceremony.
10. Dr. Karim with John Patterson, founding donor of the Patterson Institute for Integrative Oncology Research at CCNM.



11. L-R: Ann Buller; Vincent Ke, MPP for Don Valley North; Dr. Colleen McQuarrie, ND (CCNM – Toronto Class of 2002), Chair of the Board of Governors; and Dr. Karim.

12. The processional gathered on stage. Front row, L-R: Dr. Iva Lloyd, ND (CCNM – Toronto Class of 2002), President of the World Naturopathic Foundation; Dr. Colleen McQuarrie, ND; Dr. Karim; Ann Buller; Dr. Wisdom J. Tettey, PhD, Vice-President of the University of Toronto and Principal

of University of Toronto Scarborough; Simone Philogène, Chief Enrolment, Marketing & Communications Officer at CCNM. Back row, L-R: Janelle Tyme; Dr. Hanieh Vedadi, ND (CCNM – Toronto Class of 2019), Faculty Council Chair of the CCNM – Toronto Campus; Shawn O’Reilly, Executive Director of the Canadian Association of Naturopathic Doctors; Vincent Ke; and Shelley Carroll.

13. Dr. Karim with Dr. Scott Henderson, Dean and Head of Trent University Durham.

14. Dr. Orest Szczurko, ND (CCNM – Toronto Class of 2003); member of the Board of Governors; Allan Freedman; and Dr. Karim.

15. Dr. Hanieh Vedadi, ND, speaks on behalf of CCNM faculty at Installation.

16. Dr. Wisdom J. Tettey, PhD, with Dr. Rahim Karim.

THE 5P FRAMEWORK – A BOLD AND INNOVATIVE APPROACH

“We are one institution, two campuses, one team.”

Dr. Rahim Karim, B.Sc., DC, MBA, CHE, ICD.D, President & CEO

Our College is a premier health professional institution for naturopathic medicine with a global reputation and each member of the community holds a stake in our success. As we move forward together, positioning the College as a leader in naturopathic medicine, we are grounded by our

commitments to the profession, students, and each other.

The 5P Framework, developed by Karim, is a bold, and innovative approach to drive the College’s objectives and actions in order to achieve CCNM’s five ends. Much like the treatment approaches that

NDs use to treat the whole person, the 5Ps are meant to be interwoven and complementary to support a growing, healthy institution.

Karim has noted that looking forward, we are positioning ourselves for growth as one institution, two campuses, and one team.

1	PARTICIPATION	Participation is about ensuring the well-being and success of our students and supporting the engagement and well-being of our employees. We will continue to foster an inclusive community that creates belonging and where all are engaged, respected, and supported. Throughout this year’s report, there are many examples of students happily returning to campus after several years of online learning. In addition, engaged employees (staff and faculty) at both campuses are working collaboratively to create and deliver the exciting, pioneering curriculum initiative (page 34) that will span all years of the program.	
2	PLANNING	Planning relates to enhancing financial sustainability, strategic enrolment management, and developing new growth focused initiatives. Our modernized continuing education delivery (page 33) provides an improved user experience and a catalogue of over 400 courses so that our graduates (and NDs all over North America) can upgrade their skills and learn new ones.	
3	PRACTICE	Practice is about enhancing and supporting excellence in clinical services, innovation, research, and scholarship. Practice requires innovation, is evidence informed, and focuses on delivering patient-centred care. Through the clinical education component, students at the CCNM – Boucher Campus intern at the Katzie Community and Health Centre in British Columbia, which exposes them to Indigenous ways of knowledge and health care (page 20).	
4	PROGRAMMING	Programming is about focusing on quality and that our curriculum is innovative, relevant, flexible, evidence-based, practice-focused, and enhanced by facilities and technology. Beginning with the September 2022 intake, the rollout of CCNM’s enhanced curriculum reflects our commitment toward cutting-edge learning methods (page 32).	
5	PARTNERSHIP	Partnerships is about building and broadening our strategic partnerships and profile with academic institutions, government, industry, community, professional associations, sector, and international partners. Our partnership with the Fortinos grocery chain (page 28) is an excellent example of how CCNM has brought the message of naturopathic medicine to the wider population of Southern Ontario.	



L-R: Shawn O'Reilly; Dr. Karim; and Dr. Iva Lloyd, ND.



L-R: Dr. Lauren Bennett, ND (Class of 2016); Dr. Greg Nasmith, ND (Class of 2019); and Dr. Monique Aucoin, ND (Class of 2012).



The Karim family, from L-R: Ishaq; Rahim; Adam; and Salima.

Celebrating Being Together Again



THE JOYOUS RETURN TO IN-PERSON LEARNING

After years of lockdowns and online learning, CCNM students share how they got through the pandemic and what it means to finally be back on campus in person.



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We're so happy to be back on Campus!

1. New Student Orientation, Boucher Campus.
2. In the gym at the Toronto Campus.
3. All smiles at the white coat ceremony, Boucher Campus.
4. The Naturopathic Students' Association (NSA) for the 2022-2023 academic year, Toronto Campus.
5. Halloween fun at the Boucher Campus.
6. Welcome Back BBQ, Toronto Campus.
7. In advance of exams, Boucher Campus students are encouraged to de-stress by spending time with therapeutic dogs from Pacific Assistance Dogs Society (PADS).

A NEW BEGINNING

Sam Hogan

CCNM - Toronto Campus
First-year Student

For first-year student Sam Hogan, it was his passion for connecting with people that ultimately led him to CCNM.

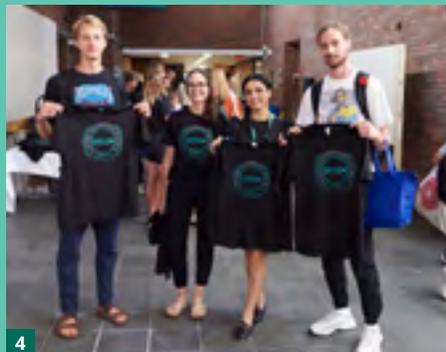
That passion was cultivated in 2019 when he took on the role of patient educator at CannaWay Clinic in Mississauga, Ontario. He was able to work one-on-one with patients, booking regular follow-up with them and ensuring any questions regarding their treatment plans were being addressed. When the clinic pivoted to virtual care in 2020, he realized how much he missed that interaction.

“What I really wanted out of that job was that human interaction; being able to talk and be there in the room with someone, feel the energy of that person, that was my true motivator.

“It’s a very compelling reason why I find myself here in this profession; that incredibly intimate space that you get to shape with someone,” he explains.

Though he began his application to CCNM in 2021, he held off on submitting it partly because he wanted to ensure he would be on campus.

“Having been in these pandemic conditions for the past two years, I don’t think that I would have had nearly as good of an experience had I been doing this from home. Since starting the program, my favourite thing by far has been making these amazing connections and friendships.”



- 1. RSNC clinic, Toronto Campus.
- 2. New Student Orientation, Toronto Campus.
- 3. Dr. Karim chatting with students at the Welcome Back BBQ, Toronto Campus.
- 4. New swag at the Welcome Back BBQ, Toronto Campus.

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"Having been in these pandemic conditions for the past two years, I don't think that I would have had nearly as good of an experience had I been doing this from home. Since starting the program, my favourite thing by far has been making these amazing connections and friendships."

Sam Hogan (CCNM - Toronto First-year Student)



A WELCOME CHANGE

Katherine Townsley

CCNM – Boucher Campus
Second-year Student

After completing her undergrad and starting at CCNM completely online, second-year student Katherine Townsley shares how she has adjusted to being on campus.

For Townsley, the shift to online learning in 2020 wasn't as drastic as it had been for other students. At the time, she was completing her undergraduate studies at the University of Fraser Valley where many of her courses were online.

When it came time to begin her studies at CCNM in September 2021, the transition was fairly easy.

"It wasn't difficult at all because I was used to doing online school and having to study on my own. Going straight from one program into another also helped so I really didn't have to adjust that much."

Surprisingly, it was coming back to campus that caused some uneasiness.

"Our class was messaging each other online but students were located across Canada and overseas, so we didn't really get to talk all that much because of the time differences," she explains.

"The new people, the new school I had never been to before all at once – it was fun and exciting but definitely a feeling of nervousness at the beginning."

Fortunately, it didn't take long for the class to connect.

"It's such a loving community of people. If one person is struggling, there are other students willing to help in whatever way they can, no questions asked. We're basically one giant family existing through this together."

1. Self-Care and Self-Healing Workshop, Boucher Campus.
2. The Boucher Campus community celebrates the beginning of the school year.
3. A meet-and-greet with Dr. Karim, Boucher Campus.
4. New Student Orientation, Boucher Campus.



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"It's such a loving community of people. If one person is struggling, there are other students willing to help in whatever way they can, no questions asked. We're basically one giant family existing through this together."

Katherine Townsley (CCNM - Boucher Second-year Student)



FAMILIAR TERRITORY

Natalie Wideman

CCNM - Toronto Campus
Third-year Student

Having taken time away from her studies to focus on her professional softball career, third-year student Natalie Wideman talks about returning to the College.

Having won gold at the Pan Am Games during her first two years at the College, Wideman shifted to part-time studies as she trained for softball's return to the Tokyo Olympics in 2020. The games were ultimately postponed for one year due to COVID-19 but Wideman and her teammates created history, bringing home a bronze medal, the first medal in the sport for Canada.

While initially intending to return to CCNM that September, she took some much-needed time to decompress after years of intense training and the stress of the pandemic and lockdowns.

"You are so tunnel visioned on what you're trying to accomplish that you don't really have the time, means, or energy to focus on how you're

feeling physically, mentally, or emotionally," she explains.

Wideman resumed her third-year courses in September 2022 and while most of her original classmates have since graduated, she's found a new community of peers to connect with.

"I got here and instantly felt connected; the people are like-minded, ambitious, and hard working. I didn't really know how much I missed it until I was in it, to have that different group that I can connect with intellectually.

"There's a familiarity in the types of people that CCNM intrigues or brings in. They all have great intentions and want what's best for themselves and others around them so that's been welcoming to come back to."



- 1. The Toronto chapter of the Naturopathic Medical Student Association, Toronto Campus.
- 2. Celebrating convocation, Toronto Campus.
- 3. Dr. Karim with new students during orientation week, Toronto Campus.
- 4. NMSA Halloween event and pumpkin carving contest, Toronto Campus.

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"I got here and instantly felt connected; the people are like-minded, ambitious, and hard working. I didn't really know how much I missed it until I was in it, to have that different group that I can connect with intellectually."

Natalie Wideman (CCNM – Toronto Third-year Student)

(Class of 2019)

HOMETOWN: MONTREAL, QUEBEC

RT, MANITOBA



COMMUNITY CONNECTION

Kieran Avlonitis

CCNM – Boucher Campus
Fourth-year Student

Fourth-year student Kieran Avlonitis and his classmates were only six months into their first year at CCNM when COVID-19 hit.

The sudden shift ‘stripped away’ the community he had started to build at the College.

“When I first started, I was talking to students in the upper years, meeting new people and then it was just the people I had in my cohort, so it created a lot of separation.”

His class worked hard to stay connected and communicate through WhatsApp message and FaceTime calls.

“One of the things naturopathic medicine really teaches you is how to be resilient,” he says. “There was a lot of frustration but also a lot of compassion because we were going through the same thing together.”

Now that he’s back on campus, there’s a lot Avlonitis has learned not to take for granted.

“It’s really easy to get caught up in the academic side of school. But it’s those minutes when you’re not studying and you’re getting to know someone or hanging out with people – those moments are so important.

“I can remember not feeling present during the lockdown – it was more about studying and getting through class. The pandemic shifted my perspective to be more present and engaged and it’s great that we can do that now.”

1. New Student Orientation, Boucher Campus.
2. Meeting a puppy from Pacific Assistance Dogs Society (PADS) at the Boucher Campus.
3. Halloween at the Boucher Campus.
4. Fun at a scavenger hunt with new students at the BNSA study lounge, Boucher Campus.



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"It's really easy to get caught up in the academic side of school. But it's those minutes when you're not studying and you're getting to know someone or hanging out with people - those moments are so important."

Kieran Avlonitis (CCNM - Boucher Fourth-year Student)



Incorporating Indigenous Knowledge



STRENGTHENING EQUITY, DIVERSITY, AND INCLUSION

Over the last half-decade or so, there has been an acknowledgment among the higher education community in Canada that equity, diversity, and inclusion (EDI) supports have been underdeveloped for students and staff.

Both the federal and provincial governments have put forth new mandates and outlined best practices that all colleges and universities are expected to meet and uphold. (An example of this would be the Truth and Reconciliation Commission's 94 Calls to Action, which contain several recommendations for educational institutions.)

At CCNM, the launch of the enhanced curriculum (EC) has provided an opportunity for several dedicated faculty members and alumni to perform a comprehensive audit of the academic and clinical programs and highlight the areas in which EDI may be strengthened.

Clinic supervisor Dr. Cyndi Gilbert, ND (CCNM – Toronto Class of 2007) took the lead in reviewing the curriculum through an anti-oppression and anti-racism lens. Through this assessment, it was determined that a separate perspective was needed to address the specific issues that relate to Indigenous communities.

And so, in the spring of 2022, CCNM reached out to Dr. Sarah Connors, ND (CCNM – Toronto Class of 2013) for assistance.

"The purpose of the audit is to put forward recommendations that would be implemented across the curriculum and also the administrative practices at the College," Connors explains.

"There will be both long- and short-term objectives that CCNM can incorporate. The Indigenous piece requires a certain amount of detail on its own, which is what I am involved in."

It's a personal matter for Connors, who works very closely with First Nations groups in the Georgian Bay region of Northern Ontario. The name of her practice – *Seratauga* – is derived from a half-English and half-Mohawk translation and means "healing waters of the great spirit," reflecting her own heritage. She also comes from a lineage of both conventional and Indigenous healers on both sides of her family.

Land Acknowledgement

CCNM – Toronto Campus

The Toronto Campus humbly respects that the College is situated on the shared traditional territory and home of the Anishinaabek, Haudenosaunee, Huron-Wendat, and Mississaugas of the Credit.

CCNM – Boucher Campus

The Boucher Campus humbly recognizes and acknowledges the Qayqayt First Nation, as well as all Coast Salish peoples and Hun'qumi'num speaking peoples, on whose unceded and traditional territories the College is located.

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"We've had a great partnership with Katzie Community and Health Centre, located in the Katzie First Nation in Pitt Meadows, British Columbia. They've always been very open to us being there and showing trust in our work that we do with them."

Dr. Jonathan Sheridan, ND
(CCNM – Toronto Class of 2012)
External Site Coordinator

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"The purpose of the audit is to put forward recommendations that would be implemented across the curriculum and also the administrative practices at the College."

Dr. Sarah Connors, ND
(CCNM – Toronto Class of 2013)

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"Indigenous knowledge is taught in different classes based on the comfort level and expertise of the instructor, but we are looking at how faculty can more broadly develop their capabilities in this area."

Dr. Nick De Groot, ND
(CCNM – Toronto Class of 1998)
Dean



As a student, Connors was surprised to find that certain foundational courses contained minimal recognition of Indigenous influences – in particular, botanical medicine, the art and practice of naturopathic medicine, and public health. CCNM's Dean, Dr. Nick De Groot, ND (CCNM – Toronto Class of 1998) is hopeful that traditional approaches to health and wellness will become a formal part of the curriculum.

"I think we'll get insight on what the opportunities are for change in the curriculum," De Groot says of the audit. "Right now, Indigenous knowledge is taught in different classes based on the comfort level and expertise of the instructor, but we are looking at how faculty can more broadly develop their capabilities in this area and become more aware of EDI principles in general."

The results of the audit are set to be released in a report at the end of the academic term.

Naturopathic care in Indigenous communities

Dr. Jonathan Sheridan, ND (CCNM – Toronto Class of 2012) is the External Site Coordinator at the CCNM – Boucher Campus, and since the summer of 2017, has been supervising fourth-year student interns at various satellite clinics around the Metro Vancouver Area.

One of these clinics is the Katzie Community and Health Centre, located in the Katzie First Nation in Pitt Meadows, British Columbia near the Fraser River. For eight years, students at the CCNM – Boucher Campus have provided high-quality naturopathic care, under the guidance of naturopathic supervisors, to the Indigenous community there.

"We've had a great partnership with the Katzie Band for some time now," says Sheridan. "The Band leaders and our patients have openly shared their community with us, and have shown great trust and confidence in the work we do."

Prior to the pandemic, students were onsite every Wednesday and Friday for an eight-hour shift each day. To ensure the safety of the approximately 568 residents of the land, Katzie First Nation locked down their borders to minimize cases of COVID-19. Since then, the shift was reduced to one day per week, every Friday.

The CCNM students who attend the Friday shift also gain experience working in an integrative clinic setting. The centre employs various practitioners – such as a community health nurse, an acupuncturist, a dentist, pharmacist, and medical doctor – providing the students with collaborative treatment opportunities and the patients with optimal team-based health care.

"Patients are often repeat customers – there's a high rate of retention over the years. Band members enjoy speaking with the students about nutritional and lifestyle advice and receiving various treatments.



Fourth-year student interns from the CCNM – Boucher Campus are placed at various satellite clinics around the Metro Vancouver Area.



One of the clinics is the Katzie Community and Health Centre, located in the Katzie First Nation in Pitt Meadows, British Columbia.



Helping to provide important naturopathic health care to 568 residents of the land.



The time we spend with patients and the ways in which we practice medicine really resonates with the community," says Sheridan.

De Groot visited the clinic in November 2022 to see first-hand the kinds of supports the students and faculty are offering the community.

“It’s a great opportunity, from an educational point of view, to raise awareness about Indigenous issues and have our students become more knowledgeable through that experience.”

“There’s so much resonance with the epistemologies and the worldviews of naturopathic medicine and Indigenous healing approaches. It’s an obvious partnership and we try to help, conscientiously and thoughtfully, any way we can.”

What is EDI?

Equity, diversity, and inclusion (EDI) is an overarching, conceptual framework that calls for the fair treatment and full participation of all people, especially in educational and workplace environments, who have been historically underrepresented or subject to discrimination because of their background, identity, disability, etc.



Recognizing the National Day of Truth and Reconciliation at CCNM

The National Day for Truth and Reconciliation, also known as Orange Shirt Day, is commemorated on September 30 and honours the survivors of residential schools, the children who never returned home, their families, and communities. The day serves as an opportunity for every Canadian to reflect upon intergenerational harm caused by the legacy of residential schools.

CCNM marked the National Day for Truth and Reconciliation through week-long College-wide programming, remembrance, and calls for action.

An online event for all staff was held on the day itself. President Dr. Rahim Karim provided a history of the National Day of Truth and Reconciliation and reiterated CCNM’s commitment to furthering Indigenous knowledge in the naturopathic medical program at the College.

Dr. Sarah Connors, ND described the long-standing effects of residential schools, colonization, and colonialism, intergenerational trauma and its impact on Indigenous health and healing, and the importance of honouring the strength and resilience of Indigenous peoples and their invaluable contributions to all aspects.



Bringing Home the Gold



CCNM – BOUCHER STUDENTS WIN ANNUAL TRIVIA COMPETITION

CCNM students participated in the annual NMSA conference in Spokane, Washington which was co-located with the American Association of Naturopathic Physicians (AANP) annual general meeting. The Naturopathic Medical Student Association (NMSA) is an international, student-run, non-profit organization.

The conference is a chance for students and physicians to re-ignite their passion for naturopathic medicine through career workshops, social events, and the NMSA Cup competition between all six naturopathic schools. The CCNM – Boucher

team proudly took home the 2022 NMSA Cup award.

“CCNM students were very prepared for the competition, they were even pressing the buzzer before the question ended! It was a sense of pride to support our students from

the Boucher and Toronto campuses at the competition. It was a reflection of how well prepared the teams were and all of the hard work of the faculty, staff, and students put in to receive the trophy. Both campuses did a tremendous job!” says CCNM President and CEO, Dr. Rahim Karim.

NMSA’S 2022 CONFERENCE

18TH



Annual NMSA conference was held on July 21-23, 2022 in Spokane, Washington

6



Accredited schools participated in the annual NMSA Cup competition

CANADA AND USA



Naturopathic students from across North America attended the conference

Pictured right: The winners of the 2022 NMSA Cup, from left to right: Kieran Avlonitis; Jacqueline van der Made; Jeff Martineau; and Liam Asuchak.





“Preparing for the cup not only prepared me for NPLEX1, but it was a full circle moment to see our years of hard work pay off. I could not imagine the friendships I would form with other students at the cup, the memories I’d make with my teammates, and how proud I would be of everyone’s efforts. It was an absolute pleasure to be in attendance and I would recommend anyone to join their NMSA Cup team – It’s a one-of-a-kind experience!”

Jacqueline van der Made
(CCNM – Boucher Third-year Student)

“Preparing for the NMSA Cup was a fantastic experience. CCNM – Boucher had a great team of coaches and a wonderful team of students who enjoyed practicing questions and testing each other! Outside of the competition, the conference was amazing! After two long years in the pandemic, I was excited for face-to-face interactions and meeting new people!”

Kieran Avlonitis
(CCNM – Boucher Fourth-year Student)





.....

“The preparation with my teammates was a fun way to test our knowledge and it motivated me to review material that I may have never looked back on. The road trip down, staying in an Airbnb, and enjoying meals with my best friends had to be my highlight. The actual cup was amazing too, not only to represent our school but to meet with students from other schools. It was nice to see people gathering, educating, and networking; especially following a pandemic full of Zoom conferences and isolation. Bringing the cup back to the CCNM – Boucher Campus was the cherry on top.”

Liam Asuchak
(CCNM – Boucher Fourth-year Student)

.....

“The NMSA conference was an amazing experience to network with naturopathic student peers from around the world! It was fierce competition in every round, but thanks to excellent education from Dr. Vargo and Dr. Hobson and preparation with our coach Dr. McParland, we won every round undefeated. I hope to see more students attend the NMSA conference in the future and keep up the winning streak for the CCNM – Boucher Campus!”

Jeff Martineau, NMSA Cup team captain
(CCNM – Boucher Fourth-year Student)



Partnering with Fortinos' Nature's Treasure



GROCERY STORE EMBRACES NATURAL HEALTH

Nature's Treasure, located across the Greater Toronto and Hamilton area in Southern Ontario, provides health information from a naturopathic perspective to customers of the Fortinos grocery store chain.

As described by Fortinos, "A health food store within a grocery store, Nature's Treasure has an extensive selection of organic, all-natural foods, vitamins, supplements, and health & beauty care products."

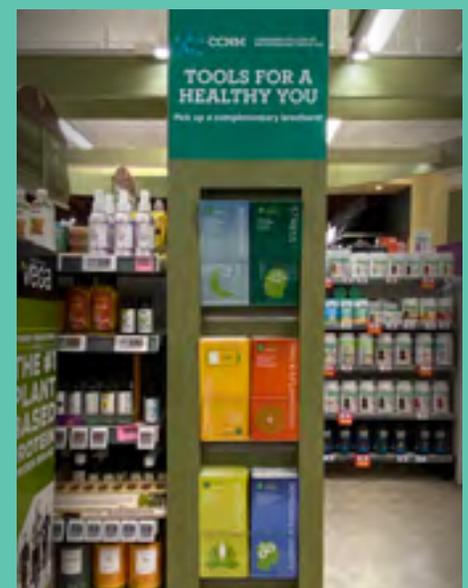
"This partnership with Fortinos is valuable to CCNM as it provides us with an opportunity to showcase

naturopathic medicine and CCNM to a wider audience," says Nori Anderson, Manager, Advancement.

Fortinos is a corporate sponsorship partner, supporting CCNM since 2018. The most notable aspects of the partnership include Fortinos' contributions to the recent Emergency Bursary Fund, created for students

during the pandemic, and the ongoing *Tools for a Healthy You* campaign.

For several years, the *Tools for a Healthy You* series has been available for all Nature's Treasures customers. The colourful CCNM brochures – on subjects such as depression, hypertension, IBS, fertility, insomnia, low energy, pain/inflammation, and



CCNM's partnership with Nature's Treasure is beneficial for customer health and supporting the community, while also promoting the College.

.....

“This partnership with Fortinos is valuable to CCNM as it provides us with an opportunity to showcase naturopathic medicine and CCNM to a wider audience.”

Nori Anderson
Manager, Advancement

.....

“The goal is threefold, in that the series of brochures focuses on topical health issues from a naturopathic perspective, promotes the College, and reinforces Nature’s Treasure’s approach to customer health and support to the community.”

Trevor Ellis
Chief Financial Officer

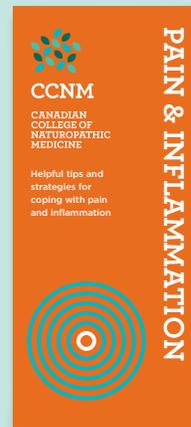
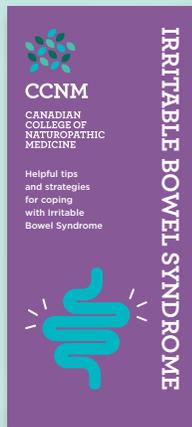
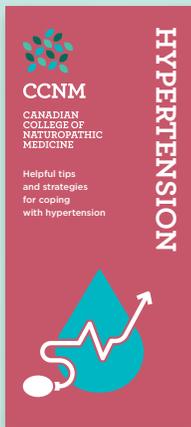


stress – are easily accessible and use simple language to describe common health concerns.

“The goal is threefold, in that the series of brochures focuses on topical health issues from a naturopathic perspective, promotes the College, and reinforces Nature’s Treasure’s approach to customer health and support to the community,” says Trevor Ellis, Chief Financial Officer and leader of CCNM’s advancement team.

“Working with Fortinos is a great way to inform the public about evidence-based natural approaches while also letting them know about CCNM both as an educational institution and health service provider.”

**Dr. Marika Berni, ND
(CCNM – Toronto Class of 1997)
Advancement Consultant**



CCNM’s collection of informative brochures are now available at various Fortinos Nature’s Treasure locations across the Greater Toronto and Hamilton area in Southern Ontario. Topics range from pain and inflammation to infertility.

CCNM'S ANNUAL CAREER FAIR

The promotion of naturopathic medicine begins at home, too.

CCNM's annual Career Fair, held every fall since the inaugural event in 2018, is a showcase of naturopathic success and an opportunity for over 150 fourth-year students and recent graduates from both campuses to envision the types of career paths available to them as NDs.

This year's Career Fair featured more than 50 exhibitors representing clinical practice and ownership, authorship, residencies, entrepreneurial ventures, and research; most are CCNM alumni and looking to hire. Using the online platform Gatherly, participants from across Canada connected in virtual meeting spaces and attended panel sessions on pertinent topics such as creating a website and building a business from the ground up.



On November 7, 2022, participants from across Canada gathered virtually using the online platform Gatherly



More than

50 Exhibitors

Exhibitors represented:

- **Clinical Practice & Ownership**
- **Authorship**
- **Residencies**
- **Entrepreneurial Ventures**
- **Research**



Our sponsors presented topics and issues of interest to our interns and grads:

Genestra Brands

Avoid four common mistakes that can stunt the growth of your practice and lead to practitioner burnout

Cyto-Matrix

The pros and cons of running a dispensary

NFH

Top 10 products to have in your dispensary



OPENING SESSION

Planting Seeds for Growth

The opening session featured business owners who shared their experiences of how they built their successful practices.

Welcome: Dr. Nick De Groot, ND
Moderators: Dr. Jason Marr, ND, and Dr. Ellen Wong, ND

Participants:



Dr. Bryan Rade, ND



Dr. Laura Nicholas, ND



Dr. Sylvi Martin, ND

CLOSING FORUM

Building a Story Brand

The closing session discussed how to create the ideal client avatar, and how students and new graduates can roll that into a marketing framework and strategy for creating the perfect website.

Discussion leaders:



Dr. Ellen Wong, ND



Dr. Jason Marr, ND

CCNM Innovates Curriculum and Delivery



A HIGHLY EXPERIENTIAL STUDENT LEARNING EXPERIENCE

CCNM's Enhanced Curriculum (EC) is a paradigm shift for how future naturopathic doctors graduating from CCNM learn to apply their emerging skills. Delivered through a highly experiential learning experience, CCNM's EC allows students to practice the role of a naturopathic doctor right from year one.

The Patient-Centred Integrated Studies (PCIS) uses case studies and forms the basis of the EC. Five courses round out the PCIS, with new cases added weekly or biweekly. Students integrate their knowledge and skills from modalities directly using these cases. This practical application empowers CCNM's students to learn in a realistic setting like the ones they will encounter when they graduate.

"Medical education has evolved," says Dr. Jasmine Carino, ND (CCNM – Toronto Class of 1998), Associate Dean, Curriculum and Residency Program. "CCNM has incorporated current best practices with the implementation of the EC. Six main themes interweave with each other in the program: the art and practice of naturopathic medicine, biomedical sciences, clinical medicine, naturopathic

medicine therapeutics, clinical education, and patient-centred integrated studies. This design helps students build confidence and competence in delivering naturopathic medical care."

"It is gratifying to see the implementation of this innovative curriculum. Taking the best of two strong curricula, from Vancouver and Toronto, and combining them



The practical application of Patient-Centred Integrated Studies (PCIS) empowers CCNM's students to learn in a realistic setting.

in a new way has been an exciting challenge,” comments Rochelle Heisel, PhD, Associate Dean of Education. “Collaboration across campuses has resulted in a more experiential and integrated learning experience than was previously seen, which will help prepare graduates for the realities of practice.”

Through the PCIS, students receive constant feedback from their instructors, better honing their professional behaviour and approach to ethical decision-making so that by the time they graduate, these skills are second nature to them.

“When I think of the ingenious design of the EC and the competencies it provides to CCNM’s students, I can’t wait to see the first EC graduates cross the stage,” says Ahmed Kandil, Curriculum, Teaching and Learning Manager.

“CCNM does not shy away from innovation in the best interest of the student experience,” adds Carino. “The best of all worlds has merged into the EC. Students start to feel like naturopathic doctors right from the first week. We believe the case-based design will motivate students to learn while having fun during the process!”

Continuing education expands CCNM’s Continuing Education (CE) department strives to meet the changing needs of the College and the profession with an expansive array of available courses. Offerings include prerequisite science courses (PSCs) for prospective CCNM students; entry-to-practice prep courses for students entering the profession; faculty development initiatives; and professional development for practising NDs and allied health professionals. That’s an impressive lineup!

Widely used to help prospective students meet CCNM’s entry requirements, the PSCs cover biology, psychology, chemistry, biochemistry, and physiology. With each course offered three times yearly, prospective students can choose which time frame works best for them. A blended online format combines self-study modules, tutorials, assessments, and proctored examinations, enabling student access from anywhere in the world.

In the summer of 2022, the CE catalogue was given a modern update to make it more user-friendly

and easier to navigate. Outlining upcoming in-person or hybrid courses, webinars, and an extensive roster of on-demand courses, NDs looking to enhance and improve their skills or develop new ones can easily search more than 400 courses by topic, title, instructor, type of credit, or duration.

Upon completion of a course, NDs earn credits which are essential in ensuring that they remain in good standing with their jurisdiction’s licensing body.

“I’m excited to work with like-minded individuals to bring high-quality educational experiences to naturopathic doctors,” says Dr. Sasha Tahiliani, ND (CCNM – Toronto Class of 2004) and Program Manager, Continuing Education. “CCNM’s CE courses help NDs across Canada meet their provincial CE requirements and further their professional interests.”

View the catalogue at elearning.ccnm.edu/my or submit a course proposal for delivery through CCNM’s CE program using the Course Proposal Form on the CCNM website at ccnm.edu/alumni/continuing-education.

The CCNM Continuing Education (CE) catalogue features more than

400
COURSES

which can easily be searched by topic, title, instructor, type of credit, or duration





CCNM's Continuing Education (CE) offerings include:

- **Prerequisite science courses (PSCs) for prospective CCNM students**
(biology, psychology, chemistry, biochemistry, and physiology)
- **Entry-to-practice prep courses for students entering the profession**
- **Faculty development initiatives**
- **Professional development for practising NDs and allied health professionals**



.....

"It is gratifying to see the implementation of this innovative curriculum. Taking the best of two strong curricula, from Vancouver and Toronto, and combining them in a new way has been an exciting challenge."

Rochelle Heisel, PhD
Associate Dean of Education



.....
"When I think of the ingenious design of the EC and the competencies it provides to CCNM's students, I can't wait to see the first EC graduates cross the stage."

Ahmed Kandil
Curriculum, Teaching and Learning Manager

.....
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Dr. Jasmine Carino, ND
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Associate Dean,
Curriculum & Residency

.....
"CCNM's CE courses help NDs across Canada meet their provincial CE requirements and further their professional interests."

Dr. Sasha Tahiliani, ND
(CCNM - Toronto Class of 2004)
Program Manager,
Continuing Education



Thank You CCNM Supporters



CCNM IS FORTUNATE TO BENEFIT FROM FRIENDS AND SUPPORTERS

The following individuals and organizations help CCNM achieve its mission to educate, develop, and train naturopathic doctors through excellence in health education, clinical services, and research that integrate mind, body, and spirit.

By investing in research, scholarship, teaching clinics, and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in

our health, our environment, and our health-care system.

CCNM is a charitable education institution, and receives no direct financial support from federal or provincial governments.

Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff, and clinic patients, we thank you.



CCNM – Boucher Campus



CCNM – Toronto Campus

ACTIVE SUPPORTERS

The following list recognizes cumulative giving from active supporters who contributed \$50 or more between September 1, 2021 and August 31, 2022.

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We thank the following for their generous historical contributions to CCNM.
Although they are not current donors, we appreciate their support over the years.

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Paul Battistuzzi
Toronto United Church Council
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TRIBUTE AND IN-MEMORIAM DONATIONS

We are grateful for the gifts made in honour/memory of the following individuals:

In Honour of:

Bob Bernhardt
Dr. Dugald Seely, ND

In Memory of:

James W. Spring
John Kelly

Kenneth Luby
Mubina Jiwa
Nicole Robinson

Paula Chronopoulos
Ronald A. Ingard
Vera Matwichyna

LEGACY GIVING

We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

Estate of Frances Eastman
Estate of Gordon Wilinski
Estate of Ina Meares

Estate of Joyce Isabella
Vanderburgh
Estate of Kenneth Luby
Estate of Linda Ganly

Estate of Lucy Hopkins
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Estate of Roger & Mary McCrorie

Estate of William McQueen
Estate of Yvonne Sinnott
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GIFT-IN-KIND CONTRIBUTIONS

The following companies have generously donated gifts-in-kind in the past year:

AquaOmega Canada	Cyto-Matrix Inc.	NaturPharm Inc.	Pure Integrative Pharmacy
Atrium Professional Brands	Eastern Currents Ltd.	Nutritional Fundamentals	Sobey's Inc.
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The following research partners and supporters have engaged in projects with the Canadian College of Naturopathic Medicine and the Patterson Institute for Integrative Oncology Research.

Abbey Retreat Centre	Canopy Health Innovations	Knowledge in Integrative Oncology Database (KNOW)	Seroyal
Academic Collaborative for Integrative Health (ACIH)	CanPrev	Leslie Dan School of Pharmacy, University of Toronto	Sobeys, Inc.
Academy of Integrative Health and Medicine (AIHM)	Central Council for Research in Yoga and Naturopathy, Ministry of Ayush, Govt of India	Lipid Analytical Laboratories	Society for Integrative Oncology (SIO)
Advanced Orthomolecular Research Inc. (AOR)	Centre for Health Innovation (CHI)	Marsden Centre for Excellence in Integrative Medicine	Sunnybrook Research Institute
AquaOmega	CHEO Foundation Children's Hospital of Eastern Ontario	McGill University	The Canadian CAM Research Fund
Assured Natural Distribution Inc. (Bioclinic Naturals)	Cyto-Matrix Inc.	Mitacs	The Canadian College of Osteopathy
Australian Research Centre in Complementary and Integrative Medicine (ARCCIM), University of Technology Sydney	Dalla Lana School of Public Health, University of Toronto	National University of Natural Medicine (NUNM)	The Lotte and John Hecht Memorial Foundation
Bastyr University	Ekhagastiftelsen	Natural Health Products Research Society (NHPRS)	The Naturopathic Medical Students Association
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Canadian Association of Thoracic Surgeons	Fullscript	Oncology Association of Naturopathic Physicians (OncANP)	The World Naturopathic Federation (WNF)
Canadian Interdisciplinary Network for Complementary and Alternative Medical Research (INCAM)	Gateway for Cancer Research	Ottawa Hospital Research Institute	University of Guelph
Canadian Memorial Chiropractic College (CMCC)	Health Source Integrative Medical Centre	Pediatric Association of Naturopathic Physicians (PedANP)	Vitazan Professionals
CanAlt Laboratories	Inspire Health	RAND Centre for Collaborative Research in Complementary and Integrative Health	William Osler Health System & Brampton Civic Hospital
Cancer Choices	Integrated Health Clinic Cancer Care Centre	Royal Victoria Hospital Research Institute	Wise Elephant Family Health Team
	John and Thea Patterson and family		Women's Breast Health Centre, The Ottawa Hospital
	KGK Science Inc.		York Downs Chemists

SENIOR LEADERSHIP TEAM

CCNM executives strategize essential day-to-day business operations, lead core initiatives, and establish organization-wide policies and procedures.



**Dr. Rahim Karim, B.Sc., DC, MBA,
CHE, ICD.D**
President & CEO



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Dean



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Barbara Young, BA
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Our administrative team brings together leading researchers, clinicians, and teachers in naturopathic medicine to help students prepare for successful careers as NDs.



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Director, Clinical Services



Dr. Jasmine Carino, ND, M.Ed.
Associate Dean of Curriculum and Residency,
CCNM – Toronto Campus



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Dr. Mitchell Zeifman, ND
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BOARD OF GOVERNORS 2022*

The Canadian College of Naturopathic Medicine (CCNM) is a federally registered charitable organization which operates campuses in Ontario and British Columbia.

CCNM receives no direct government funding, and is dependent on student tuition, clinical and residence fees, and donations for its operations.

CCNM's Board of Governors consists of naturopathic doctors and laypersons from a variety of disciplines. The Board's mandate is to govern the

organization through effective policy oversight and by ensuring executive performance achieves the vision and goals of the organization.

*as at August 31, 2022

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Clinic Faculty

VALUES, VISION, MISSION, AND FIVE ENDS

CCNM is Canada's leading naturopathic medicine education provider and has been educating naturopathic doctors for almost 45 years.

OUR VALUES

The Canadian College of Naturopathic Medicine is committed to reflect the following values in its deliberations and actions:

- Integrity
- Collaboration
- Innovation and adaptability
- Respect for equity, diversity, inclusion

OUR VISION

CCNM will make naturopathic medicine an integral part of health care through preeminent education, research and clinical services.

OUR MISSION

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;

- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

...and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.

FIVE ENDS

To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed five "Ends" or goals:

Excellence in Education

Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

Excellence in Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

Leading Voice

Increase the awareness and trust of CCNM as a leading voice for naturopathic medicine.

Change Agent

Be a leader and advocate of naturopathic medicine as positive change to our health, our environment, and our health-care system.





CCNM

**CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE**

**Educating naturopathic doctors
for almost 45 years**

 **BOUCHER
CAMPUS**

CCNM – Boucher Campus
#330 – 435 Columbia Street
New Westminster, British Columbia
Canada V3L 5N8

 **TORONTO
CAMPUS**

CCNM – Toronto Campus
1255 Sheppard Avenue East
Toronto, Ontario
Canada M2K 1E2

ccnm.edu

