



Jessica Turowski bio

Jessica Turowski is the Project Manager for the Rural Mental Health Project with the Canadian Mental Health Association, Alberta Division.

Jessica endeavors to enable better mental health for all through continual engagement and dialogue with local and provincial stakeholders. She is a champion of systems-thinking and social innovation. Her work focuses on embedding health promotion and community development principles, along with supporting collaboration processes and creating strategic opportunities to tackle the complexity of mental wellness.

Jessica has her Masters of Public Health, Health Promotion, and BA (Honours) in Psychology, and 10 years of provincial mental health project management.