

Samantha Child FMHC

Samantha Child is the Director of Operations for [Eat Breathe Thrive](#), a non-profit that addresses eating disorders and other mental health challenges through integrative mind-body programmes. Informed by her personal experience of clinical depression, anxiety, and anorexia nervosa, Sam also has rich, experiential knowledge of mental illness, and an embodied understanding of the social and collective dimensions of mental health.



A self-professed student of life, Sam is committed to expanding her understanding of the topics which fascinate her most: yoga and mind-body practices; body politics and social justice; mental health, psychology, and neuroscience; eating disorders, body image, and embodiment—and the interplay between them and intersections thereof.

Guided by her personal and professional experiences, she is passionate about creating an inclusive, accessible, and collaborative approach to mental health. Through her various roles with Eat Breathe Thrive, she is dedicated to empowering others with tools and practices for mental wellbeing, emotional resilience, and positive embodiment.