

day in the life of a

COMMUNITY AMBASSADOR



Name:

Kashmira
Dhamani

Community:

Scarborough
Centre for
Healthy
Communities

Tell us about yourself

I am a community health ambassador. I lost my husband to cancer at the beginning of the pandemic and since then, I devoted my life completely to the community. I have taken the hard experiences I have been through to help and empower others.

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What are you fulfilling in your community?

Some people were really struggling. I talk to them about vaccines and how to access healthcare systems, how to find a doctor, and how to find community help.

How do you serve your community?

We know all about community services, how to talk to people, how to react, how to turn negative people into positive people, making jokes, turning negative situations into positive situations.

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what are your day-to-day activities?

I do outreach everywhere. I go to barbershops, places of worship, colleges, everywhere. I think of how to reach people. At some point, I was able to reach 300 people.

How has your role evolved over time?

I am focusing on health and wellness, how we can manage our daily life during the pandemic and post pandemic, nurturing wellbeing and building ongoing trust with the community.

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What skills are essential to the role?

You need to be self motivated, and a team player.
You need to enjoy what you do and enjoy being
around people.

How do you see the impact of your work?

I got a call from a student who is a newcomer. He was in a car crash and I helped him. He often calls and updates me about what he is doing, his career, housing, food, and where to go.