



Helen is a 22-year member of the Winnipeg Police Service, wife, and mother of two energetic pre-teen daughters. She has worked across all areas of policing including Frontline Operations, Specialized Investigations, Records & Reporting, Project Management and Service Enhancement. She also volunteers as a Police Chaplain with the WPS Behavioral Health Unit and is the Mental Health Liaison for the WPS, working hand in hand with the Winnipeg Fire & Paramedic Service, Winnipeg Regional Health Authority and Shared Health Manitoba. She is currently the Commander of General Patrol, Community Support and Foot Patrol for downtown Winnipeg, as well as a lead partner of Alternative Response to Citizens in Crisis (ARCC). Helen also sits on the board of Initiatives for Just Communities (IJC), a non-profit organization that walks with people with Fetal Alcohol Spectrum Disorder and intellectual disabilities, and those currently or previously incarcerated, to help them to achieve a better quality of life for themselves and their communities.

Rossbrook House Board of Directors