



Bios for Board Nominees

Region 1: Vancouver Island & Powell River

Meagan Anderson | Xpey' Selhni' Lelum – Cedar Woman House

Meagan is the granddaughter of Swedish and English settlers. Meagan currently lives and works on the unceded territory of the Snuneymuxw First Nation. She is deeply grateful to the Snuneymuxw people and to the Coast Salish lands she calls home for the teachings and generosity that have shaped both her personal and professional path. For over six years, Meagan has held frontline and leadership roles within an Indigenous-led anti-violence organization. Since 2023, she has served as Transition House Director at Cedar Woman House, where she leads with a trauma-informed, women-centered approach rooted in supporting the safety, autonomy, and self-determination of Indigenous women and children. Alongside her work in the anti-violence sector, Meagan brings prior board experience and a collaborative, values-driven leadership style. She would be honoured to contribute to BCSTH's governance and collective impact and is grateful to put her name forward for consideration for the BCSTH Board of Directors.

Region 1: Vancouver Island & Powell River

Karlee Grant | Society of Saint Vincent de Paul Vancouver Island

Karlee brings over 20 years of experience in the health and human services sector, working alongside equity-deserving communities to create lasting, meaningful change. She is the Director of Housing and Community Supports at the Society of Saint Vincent de Paul Vancouver Island, where she oversees second-stage transition housing and long-term women's housing, ensuring safe, stable, and empowering environments for individuals at risk of violence. Her previous leadership roles with Victoria Women's Transition House and Brain Injury Services of Northern Ontario reflect her deep commitment to social justice and inclusive, person-centered care. Karlee's work aligns with BCSTH's strategic priorities, including strengthening the anti-violence sector, advancing equity and inclusion, and expanding access to safe, supportive housing. Having served on the BCSTH Board of Directors for the past two years, Karlee currently holds the position of Vice Chair, where she continues to advocate for dignity, equity, and system-level change.

Region 4: Kootenays

Brooke Belkin | CMHA Kootenays

Brooke is passionate about the work she does, particularly where she has the honour to live, work, and play on the unceded traditional territories of the Ktunaxa Nation in the Kootenays. She currently serves as the Region 4 Director, thoroughly enjoying the opportunity to represent the Kootenays and ensure



their voices are heard within the larger region. With over 15 years of experience in the anti-violence field, Brooke brings a unique balance of leadership and frontline engagement, supporting and encouraging staff while also stepping into direct service. She finds deep fulfillment working with the women and children they serve, especially within Transition Houses and Second Stage Housing, and is honoured to play even a small part in a woman's journey as she navigates complex systems often stacked against those leaving violent situations. Outside of work, Brooke enjoys spending time outdoors—camping, walking in the community forest with her dog, and hanging out and watching her two amazing children play hockey and lacrosse.

Region 5: Okanagan & Members at Large

Alix Dolson | Kamloops Sexual Assault Counselling Centre

Alix is a registered social worker with the BC College of Social Workers. Her background is in anti-violence and anti-human trafficking work, and she has worked with women and children experiencing violence both in Canada and abroad. Alix's practice is rooted in intersectional feminism, and the idea that every person is an expert in their own life. She works from an anti-oppressive and trauma-informed approach. This foundation guides her work with clients, always placing respect and dignity at the centre of the helping relationship. Alix is a keen ally and engaged activist, recognizing that mutual liberation is the only path forward in reaching true justice and equity. Alix has a Bachelor of Arts in History, a Bachelor of Social Work, and a Master of Arts in Human Security and Peacebuilding. She is also a certified Sexual Health Educator and Abortion Doula. In her spare time, Alix stays busy by running after her two small children and performing in local burlesque shows.

Region 5: Okanagan

Liz Gomes | South Okanagan Women in Need Society (SOWINS)

With over 30 years of experience in the violence against women sector, Liz currently serves as the Executive Director, bringing a deep commitment to both client care and staff well-being. She began her career as a Family Support Worker and PEACE counsellor, roles she held for most of her career. Her passion has always been embedded in supporting children, youth, and families, with a strong focus on building a better future for the next generation. Throughout her leadership journey, her goals have remained the same; to ensure survivors and their families receive compassionate, client-centered support, and to promote a workplace that nurtures a healthy, supportive environment for the dedicated staff who provide it. She also sits on the 100 More Homes Penticton initiative, working to address housing for the most vulnerable community members.



Members at Large

Kyla-Rae Laferdy | Phoenix Transition Society

Kyla-Rae was born and raised primarily in Prince George, BC, and the North holds a special place in her heart. Her passion for supporting people began at a young age through her own lived experiences, leading her to dedicate her life to the human service field. She currently works as a Team Leader with the Phoenix Transition Society, providing compassionate, trauma-informed practice to the women and children they serve. Kyla-Rae is deeply passionate about advocacy and social justice and considers it a privilege to walk alongside women and children on their healing journeys. She is grateful for the opportunity to be considered for the role of Member-at-Large on the BCSTH Board of Directors.

Members at Large

Mandy Paisley | Cedar Strong Prevention & Intervention Society

Mandy is the Executive Director of the Cedar Strong, the largest non-profit organization in Fraser East. In this role, she oversees four key service areas: domestic violence, substance use, youth and family support, and housing insecurity. Her background includes senior leadership roles both in her home country of Scotland and here in beautiful British Columbia. Outside of work, Mandy is a proud mother of three grown children and shares her home with three lively dogs. She enjoys spending quality time with her partner, exploring the natural beauty of British Columbia, and traveling the world whenever possible.

Members at Large

Syma Nehal | Nisa Foundation

Syma is the Program Director of Nisa Homes at Nisa Foundation, transitional housing for women and children fleeing domestic abuse. She has been with Nisa Homes for three and a half years in several roles within the organization. Syma is currently serving the position of Treasurer on the BCSTH Board. Syma's educational background and previous work experiences have been primarily in the social service and community corrections field, giving her a unique perspective with respect to her current position and the clients whom she supports. Syma is passionate about breaking barriers such as cultural insensitivity within our institutions in order to make services easier to access.