



Kimberly Cato is the CEO/Founder of True Roots Counselling Services with almost 30 years' experience meeting people at their point of need and empowering them to discover & manifest their internal excellence. Ms. Cato is a Registered Psychotherapist, identifying as a Queen-Sized Black Woman who engages with the world from a wheelchair and intentionally transforms trauma into triumph. Kimberly is a sought-after conference presenter, corporate consultant, motivational speaker, and award-winning workshop facilitator.

In the wake of the public lynching of George Floyd and subsequent global racial reckoning, Kimberly launched CHECK-IN & CHAT, a weekly support group for Women of Colour and The Men's Edition, a monthly support group for Melanated-Men, in addition to The Black Mental Wealth Experience that brings together people from the Diaspora and their Allies for discussions specific to the mental health experiences of the Racialized Community. Kimberly is also a certified Facilitator of Emotional Emancipation Circles™ where she leads groups of Melanated people on communal healing journey.

As a professional with first-hand experience of racism, Kimberly is intimately aware of the painful reality of exclusion, discrimination, micro-aggressions, and gas-lighting. Kimberly has experienced racism and discrimination in education, employment, healthcare, and community engagement. These experiences motivated her to intentionally engage in dismantling racism by decolonizing therapy and seeking culturally adapted therapeutic practices that build an anti-racist capacity for healing.