



Onika L. Dainty

FOUNDER, DAINTY EVER AFTER CREATIVE

Mental Health Advocate | Lived Experience Writer & Storyteller | Group Facilitator

Lived experience, shared with care.

ABOUT ONIKA

Onika L. Dainty is a Caribbean-Canadian writer, speaker, certified Peer Support Specialist, published co-author, and mental health advocate. Through Dainty Ever After Creative, she brings together lived experience, communications, workshop development, and peer support to create thoughtful conversations and mental health-centred experiences. Her work is grounded in more than 20 years of living through diagnosis, recovery, relapse, rediagnosis, and starting over.

SPEAKING THEMES

- **Beyond the stigma: lived experience as knowledge**
- **The benefits of journaling: writing things down makes them real**
- **Assessment, self-advocacy, and compassionate mental health care**
- **Lived experience in social work education and simulation**

WAYS TO WORK TOGETHER

- Keynotes and panels
- Guest lectures
- Guided journaling workshops
- Community group facilitation
- Workshop consultation
- Media interviews

SELECTED EXPERIENCE

- **Published co-author**
Social Work Education, lived experience in simulation · 2026
- **Guest lecturer**
University of Toronto Master of Social Work, Factor-Inwentash Faculty · 2026
- **Panels and community workshops**
SPA LEAF panel and Ajax Public Library journaling workshop · 2026

DAINTY EVER AFTER CREATIVE

Creative workshops and facilitation rooted in mental health, self-love, advocacy, and lived experience.

Speaking, workshops & media inquiries

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